ISRAEL, HAMAS NEAR HISTORIC DEAL, PG 12

Wednesday's Jackpot
$12,000,000 estimated
LOTTO 649

The world's largest global newspaper
metro
TORONTO • TUESDAY, NOVEMBER 24, 2009
metronews.ca

Celebrity pg 57

Efron eyeing 007 bad guy role

Jacksoul singer Neale dead at 39

OBITUARY Juno Award-winning artist Haydain Neale of Jacksoul passed away Sunday at Mount Sinai Hospital after a private seven-month battle with lung cancer.

He was 39.

His wife, Michaela, said in a statement: "Through all these challenges, Haydain's sense of humour and love of music were ever present. He constantly brightened the room with his singing and his smile. His joyful presence and beautiful voice will be missed by us all."

An internment with a private family gathering will take place later this week.

METRO NEWS SERVICES

News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3

Food pg 49

Recipes for diabetics

On the web

Visit metronews.ca for news updates

Marc Garneau Collegiate Institute **School locked down**

LUCAS OLENIUK/TORSTAR NEWS SERVICE

An ETF officer prepares to leave Marc Garneau Collegiate Institute, at Don Mills Road and Overlea Boulevard, yesterday after an emergency lockdown was issued. The school was locked down after a threatening call, police said. More coverage, page 3.

Creba acquittals

Four men facing manslaughter charges set free

Four men have been acquitted in the Boxing Day 2005 shooting death of 15-year-old Jane Creba on Yonge Street.

The prosecutor told court yesterday that, following a pretrial ruling, it was determined there was no reasonable prospect for a conviction against the four, who were facing manslaughter charges.

No evidence was called against Andre Thompson, Shaun Thompson, Vincent Davis and Andrew Smith, and the judge was left with no option but to acquit them.

Jane Creba

However, three other accused — the alleged shooters in the case — still face charges of second-degree murder.

Creba was shopping with her mother and sister when she was caught in the crossfire of a shooting between rival gangs.

Defence lawyer David Midanik said outside court the four men should not have been charged in the first place.

"They didn't do anything either legally or morally wrong and there was never any evidence they did anything either legally or morally wrong," Midanik told CTV.

"Once they were charged, the Crown's office should have intervened to stop the prosecution a long time ago."

THE CANADIAN PRESS

Brain scan 'unlocks' man's mind

For 23 torturous years, Rom Houben says he lay trapped in his paralyzed body, aware of what was going on around him but unable to tell anyone or even cry out.

The car-crash victim had been diagnosed as being in a vegetative state but appears to have been conscious the whole time. An expert using a specialized type of brain scan that was not available in the 1980s finally realized it, and unlocked Houben's mind again.

The 46-year-old Houben is now communicating with one finger and a special touchscreen on his wheelchair.

"Powerlessness. Utter powerlessness. At first I was angry, then I learned to live with it," he said, punching the message into the screen during an interview with the Belgian RTBF network, which aired yesterday. He has called his rescue his "renaissance."

The discovery took place three years ago, but only recently came to light after publication of a study on the misdiagnosis of people with consciousness disorders.

THE ASSOCIATED PRESS

Lost

• During Rom Houben's two lost decades, his eyesight was poor, but experts said he could hear doctors, nurses and visitors to his bedside, and feel the touch of a relative. He said during that time he heard his father had died, but he was unable to show any emotion.

BEAT THE WINTER BLUE$
WIN $10 000 EVERY WEEK!
belairtravel.com
Your Guardian Agent
See BelAirTravel.com for details.

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

Classes that bring colour to life

A Continuing Education Success Story – Harold Saffrey was a successful but unhappy lawyer until cancer changed his outlook. He quit law and vowed to only do things that made him happy. Acting on a childhood passion, Harold discovered the fine arts courses in Continuing Education at George Brown College. He has completed a dozen courses so far and is now building his website and preparing an exhibition. He plans to retire in a few years, move up north and paint for a living.

The Fashion and Jewellery, Interior Decorating and Visual Arts certificates and courses offered in Continuing Education at George Brown allow you to nurture your creativity while learning practical, hands-on skills. We offer evening, weekend and some daytime classes in the following areas:

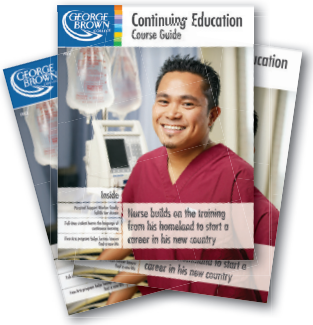
FASHION AND JEWELLERY
Fashion
Fashion Merchandising
Image Consulting
Jewellery
Millinery
Pattern Drafting
Sewing

INTERIOR DECORATING
Interior Decorating
Interior Decorating General Interest

VISUAL ARTS
Cartooning
Digital Arts
Fine Arts

George Brown College opened its new fine arts building this past May – with classrooms designed specifically for arts, numerous daytime offerings and a built-in gallery space.

For further details about the courses offered, go to coned.georgebrown.ca/fashion, coned.georgebrown.ca/decorating and coned.georgebrown.ca/visualarts.



Find out how you can achieve your own success with your free George Brown College Continuing Education Course Guide.

Pick up your copy at Gateway Newsstands in TTC and GO stations.

GEORGE BROWN COLLEGE

Register now for winter classes at
coned.georgebrown.ca

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

ScanLife

Local

$3.8M for a better pesticide

Ontario is providing $3.8 million to a company that's using nanotechnology to build a better pesticide for farmers. Government officials say the money will help Toronto-based Vive Nano build a plant that's expected to create 19 new jobs over two years. The company uses an environmentally friendly process to create nanotechnology-based products and materials. THE CANADIAN PRESS

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

Threat prompts school lockdown

Cops seek 16-year-old after calls made about female student

Toronto police are looking for a 16-year-old boy who allegedly called school officials at Marc Garneau Collegiate Institute, at Don Mills Road and Overlea Boulevard yesterday, saying he had a gun and was going to hurt a 15-year-old female student.

The school was immediately put in lockdown at about 1:20 p.m. and police were called to the scene, said Constable Tony Vella of the Toronto Police.

After an extensive search of the school no evidence of the boy nor a gun was found, according to Vella.

Acting Staff Sgt. Bruce Newman told the Toronto Star the boy is not a student at the school.

Police are continuing their investigation into the incident, saying they are looking for a "person of interest."

The whereabouts of the suspect is not known.

Vella said charges will be laid as soon as police identify who made the call. It was unclear if the boy was even at the school, he added. The 15-year-old girl is safe and sound, Vella said. TORSTAR NEWS SERVICE

Leading up to the lockdown

- The 16-year-old allegedly called the school a couple of times yesterday, saying he was upset with a 15-year-old student. He told them he had a gun and he was on the third floor of the school and that he was willing to use the gun.

TORSTAR NEWS SERVICE

INDEX

Canada Pg 8
World Pg 12
Comment Pg 15
Business Pg 16
Sports Pg 20
Celebrity Buzz Pg 57

Tomorrow's Metro

West View Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

metronews.ca WHAT'S ONLINE TODAY

Q&A Iranian-Canadian journalist Maziar Bahari recounts his four harrowing months in an Iranian prison after the country's controversial election at **metronews.ca/world**

Your Money Allan Small on year-end investment housekeeping and the Santa Claus rally, at **metronews.ca/investing**

Lotteries

See metronews.ca for lottery results.

ADVERTISE TODAY!
1 888 91 metro (63876)

Paper to relieve token pressure

Token shortages continued to plague the TTC yesterday, but a delivery yesterday afternoon of paper tickets should relieve the pressure.

"The tickets are being delivered to all collectors as we speak," TTC spokesman Brad Ross said yesterday.

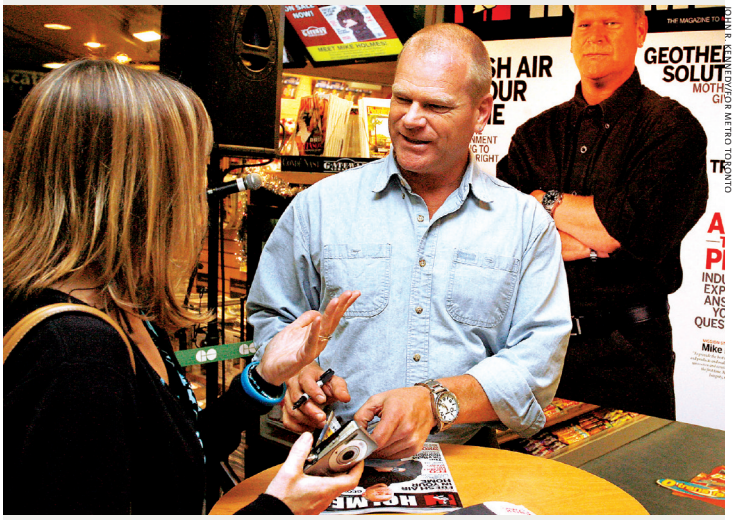
Some collectors may have run out of tokens before the tickets arrived yesterday, said Ross.

"It's quite possible that because of the news that tickets are replacing tokens temporarily that people are buying even more tokens today, which is causing our collectors to run out prematurely. Our plan has always been that collectors will still have tokens in their booths and that they will continue to sell those tokens until they exhaust their supply in which case the tickets will replace those tokens."

The temporary tickets are being introduced in order to prevent TTC riders from hoarding tokens after the Transit Commission announced that their price would jump by 25 cents to $2.75 on Jan. 3.

Passengers are still permitted to buy five tokens at a time from collectors until the supply runs out. TORSTAR NEWS SERVICE

Holmes **Don't renovate alone**



JOHN R. KENNEDY/FOR METRO TORONTO

Mike Holmes of TV's Holmes on Homes and Holmes Inspection promotes his latest venture Holmes: The Magazine to Make it Right at the Gateway Newsstands outlet at Union Station yesterday. The magazine is filled with information for homeowners thinking about doing renovations.

Possible abduction being investigated

INCIDENT Police are searching for a woman who may have been abducted from an airport hotel early Sunday morning.

The incident happened at about 2:30 a.m. in front of the Marriott Hotel on Dixon Rd. near Carlingview Drive.

According to police, the woman was standing alone in front of the hotel when a dark, late-model sedan pulled into the driveway in front of her. Witnesses say that two men jumped out of the car, grabbed the woman, and threw her onto the back seat of the car. The men then drove away at a high speed.

Det. Norm Proctor said police are in the process of analyzing surveillance video and going through missing person reports with other police agencies. He said that police have yet to confirm that the woman was abducted, but aren't ruling out any possibilities. TORSTAR NEWS SERVICE

News in brief

ARREST Peel region police have made a fifth arrest in the home invasion death of a Brampton man. Police arrested a 17-year-old youth who will appear in court today to face a charge of first-degree murder. The youth is charged in the death of 38-year-old Brampton resident George Kalogerakis. Kalogerakis was shot and later died after gunmen burst into a home Nov. 12. THE CANADIAN PRESS

Give the ultimate gift of music this season - music lessons! Call for details.

SHOP ONLINE at long-mcquade.com

Where the Music Begins This Holiday Season.

Long & McQuade MUSICAL INSTRUMENTS
www.long-mcquade.com

TORONTO: 416.588.7886
NORTH YORK: 416.663.8612
SCARBOROUGH: 416.439.8001

Man charged for possession child pornography
A Toronto man faces child pornography charges after police seized a laptop computer. Mark George Muller, 45, has been charged with two counts of possessing child pornography and two counts of making child pornography. THE CANADIAN PRESS

Death accidental: Cops

Police say 15-month-old wiggled out of mom's arms

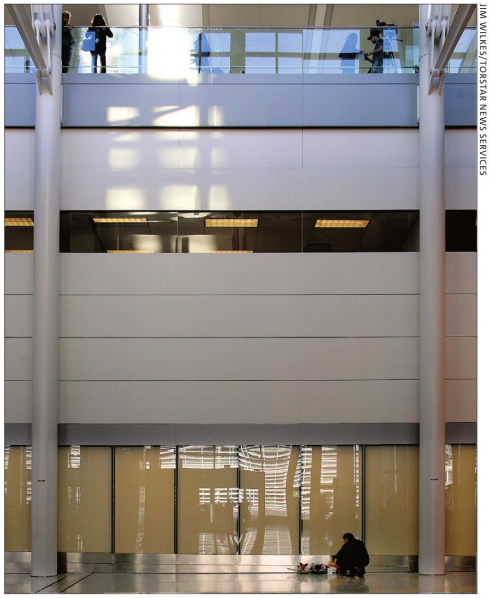
A toddler who died after falling some 15 metres over a railing at Pearson International Airport wiggled out of his mother's arms as she turned her attention to her other child, police said yesterday.

Foul play is not suspected in the 15-month-old boy's death and the tragic fall Sunday has been ruled an accident, Peel police Const. J.P. Valade said.

"We've been able to determine the child was in his mother's arms. There was a four-year-old sibling that was nearby," said Valade.

"When the mother turned to pay some attention to the four-year-old, the 15-month-old was able to sort of wiggle out of her arms and she lost her grip on the child and he fell over the balcony."

The Burlington family, including the woman, her two children, her husband and a grandparent, were preparing to embark on a vacation to Argentina when the boy fell from the upper departures level in Terminal 1 to the lower level arrivals area.


JIM WILKES/TORSTAR NEWS SERVICES

A person kneels beside a makeshift shrine on the arrivals level at Pearson airport for the baby boy who fell from his mother's arms by the glass wall on the departures level.

The family is "absolutely devastated, as would anyone be at the loss of a child," Valade added.

Police got a 911 call about 7:20 p.m. Sunday and went to the scene with fire officials and ambulance personnel. The boy was taken to hospital where he was pronounced dead about an hour later.

Several witnesses were interviewed at the airport and police have a "great deal" of video surveillance footage, Valade said.

Witness Doug Ellis told CTV News that "people were there right away trying to save him and did everything they could to save his life."

A small makeshift memorial, with flowers and a stuffed animal, was set up at the scene yesterday.

Officials at the Greater Toronto Airports Authority said the balcony partition is to code and called the fall an "isolated, tragic accident."

THE CANADIAN PRESS

TANYA TALAGA/TORSTAR NEWS SERVICES

Progressive Conservative Leader Tim Hudak watches his party leave the legislature. The Tories walked out to protest what they call the Liberals failure to hold public inquiries into HST legislation.

Tories walk out to protest HST plans

HEARINGS The Opposition stepped up its protest yesterday against the Ontario government's plan to merge the eight per cent provincial sales tax with the five per cent goods and services tax, walking out of the legislature en masse.

Progressive Conservative Leader Tim Hudak tried in vain to get Premier Dalton McGuinty to agree to hold public hearings on the legislation to harmonize the GST and PST into a 13 per cent single sales tax, before leading the Tory exodus.

"We see a premier who ... won't listen to hard-working taxpayers and who has contempt for public hearings."
Tom Hudak, PC leader

"We see a premier who ... won't listen to hard-working taxpayers and who has contempt for public hearings," Hudak told the legislature.

"Quite frankly, if he has that kind of contempt for taxpayers, I see no point in continuing with question period today."

Following Hudak's lead, each Opposition member walked across the aisle and presented McGuinty with a copy of one of his own, decade-old, quotes saying "public hearings; those two words go together nicely if you believe in true democracy."

Then each left the legislature, leaving the New Democrats and Liberal backbenchers to ask the rest of the questions for the day.

Last Thursday, three Progressive Conservatives were thrown out of the legislature after each called McGuinty a "liar," intentionally using unparliamentary language they knew would get them ejected from the house.

The New Democrats, who also oppose the HST and want public hearings on the issue, said yesterday the provincial Conservatives should convince their federal cousins in Ottawa not to pass legislation that would allow Ontario to harmonize its sales tax.

THE CANADIAN PRESS

News in brief

SPREE A Brampton woman remains under police guard in hospital while her friend remains in custody for at least another day in connection with their roles in what appears to have been a drug-driven crime spree in Oakville and Burlington. Dyanna Bowman and Alicia Campbell face a slew of criminal charges after their arrests following a police a high speed pursuit in a stolen car Sunday.

SEX ASSAULT Police are warning the public after a brazen daytime sexual assault outside Eglinton Square Mall Friday afternoon. TORSTAR NEWS SERVICE

Study to look at flu shot problem

Flu Outbreak

VACCINE Toronto researchers are trying to get to the bottom of the so-called "Canadian problem" — the suggestion that having a seasonal flu shot might raise one's risk of catching H1N1 flu.

They are hoping a randomized controlled trial, the gold standard of studies, will shed some light on the puzzling observation made by other Canadian researchers earlier this year.

But the lead researcher of the new trial, which is still enrolling participants, admits they will need some good fortune to get a useful answer.

"If the pandemic vaccine works well enough, then we're out of luck," Dr. Allison McGeer of Mount Sinai Hospital said yesterday.

An old hand at influenza research agreed the cards may be stacked against the trial. Dr. Walter Dowdle, a retired head of virology at the U.S. Centers for Disease Control, said the unpredictable nature of influenza makes it very tough to do flu vaccine studies in humans.

The question McGeer and her colleagues are trying to answer stems from the findings of a collection of studies done across four Canadian provinces that show higher rates of H1N1 infections in people who had received a seasonal flu shot last fall.

THE CANADIAN PRESS

Shop. Dine. Play. At Toronto's premier outdoor lifestyle centre you can enjoy exclusive boutiques, one-of-a-kind stores and a selection of gourmet dining options. This season, discover gifts that are as unique as you are at Shops at Don Mills.

SHOPS AT DON MILLS

Don Mills Road and Lawrence Avenue East
Only a 10 minute drive from Yonge Street. 416-447-0618 shopsatdonmills.ca

Capture life as it happens with the Nokia N86 8MP.

Life is an exciting journey, especially with the Nokia N86 8MP. With Nokia's exclusive Ovi Maps and GPS, you can plan virtually every twist and turn in the road. And you can hang on to every moment with its award winning 8 megapixel camera. You can even share updates on Facebook along the way. From cool apps to 3D maps, the Nokia N86 8MP is full of life.

NOKIA
Connecting People

Now available at
ROGERS™

Go to **ovi.com** to discover new apps, maps, and more for your Nokia phone.

NOKIA
ovi

© 2009 Nokia. All rights reserved. Nokia, NSeries, N86, Nokia Connecting People and Ovi are trademarks or registered trademarks of Nokia Corporation.

™Rogers & Mobius design are trademarks of Rogers Communications Inc.

Downloading of applications, maps, games, music and videos and uploading of images and videos involves transferring large amounts of data. Your service provider may charge for the data transmission. Contact your service provider for information about data transmission charges. The availability and accuracy of GPS location services are dependent on wireless networks, satellite systems, and the agency receiving the information. It may not function in all areas or at all times. You should never rely solely on GPS products for essential communications like emergencies. Wireless service is required to use many features. Some networks have limitations that affect how you can use this device. Contact your service provider about feature support and availability.

Court upholds ban on private parking lot tickets

A Toronto bylaw that prohibits private parking lots from issuing their own tickets is a legitimate measure to protect consumers, the Ontario Court of Justice ruled, dismissing an application by Municipal Parking Corp., a private company that oversees parking at malls, plazas and apartment buildings. TORSTAR NEWS SERVICE

Burlington students suspended

Redheaded children allegedly targeted during 'Kick a Ginger Day'

About two dozen kids at Burlington Central Elementary School were suspended late last week after allegedly taking part in "Kick a Ginger Day," which encourages people to kick those with red hair.

But parents of some of those disciplined say the school's tactics for punishing the children — which included a police presence and naming those who would be suspended out loud at an assembly — are out of line.

Nov. 20 has been called Kick a Ginger Day, a nod to a 2005 episode of the animated show South Park in which characters waged violence against redheads.

Halton police say they were called to the Burlington school Friday morning and are investigating at least four incidents linked to the designated day.

Police said school officials contacted them after receiving complaints from students. No one needed medical attention.

TORSTAR NEWS SERVICE

Dr. Charles Smith

Acquit mom, Crown and defence agree

An Ontario woman convicted of killing her four-month-old son after a now-disgraced pathologist concluded the child's death was suspicious should be acquitted of infanticide, both the Crown and defence say in new court filings.

Sherry Sherret-Robinson was found guilty in 1999 of killing her infant son Joshua due in part to evidence from Dr. Charles Smith, whose opinion at the time carried much weight.

Since then, his findings in dozens of cases have been called into question or discredited. A report on pediatric forensic pathology from Justice Stephen Goudge last year found the failings of the "arrogant" Smith, once considered the dean of his profession, and his bosses were at the heart of several miscarriages of justice.

Though Sherret-Robinson had initially pleaded not guilty to infanticide, the Crown and her lawyer drafted an agreed statement of facts that said she smothered Joshua, causing his death, and she was found guilty in a Belleville court.

Her trial lawyer writes in an affidavit that had he known then what he knows now about Smith he would have told Sherret-Robinson to vigorously fight the charge.

THE CANADIAN PRESS

News in brief

COURT A second ruling against Ontario's stunt driving law is unlikely to put the brakes on the legislation, although minor tweaking may be needed to ensure it stays in place after it was once again ruled unconstitutional yesterday in a Newmarket court. Justice Peter West ruled that having a potential penalty of up to six months in jail for people caught driving 50 kilometres per hour over the posted speed limit violates the Charter of Rights because the law does not allow the accused to present a defence.

THE CANADIAN PRESS

Savings you've been wishing for

fido
Giving low prices a good home.

CityFido™
2,000 anytime local minutes[1]
› Unlimited text[2]
› No System Access Fees
$45 per month[3]

Phones at $0
With 2-year Fido Agreement

With 3-year Fido Agreement and Data add-on

Fido Cares
1. We give you FidoDollars™ so you can get your next phone for less.
2. Text messages to warn you before you exceed your plan
3. No System Access Fees (others charge up to $6.95 per month)
4. No term contract necessary

Use your minutes anywhere within the **CityFido** zone. Long distance charges may apply.

Switch now! Shop fido.ca Drop by a store or call 1-866-301-3436

Offers subject to change without notice. **1.** Local airtime minutes within your CityFido zone only; additional local in-zone minutes and airtime used for calls made and received outside your CityFido zone cost 35¢ per minute. Long distance charges may apply and are determined based on your local calling area, not your CityFido zone; visit **fido.ca/callingareas**. **2.** Includes text messages sent from Canada to a Canadian wireless number; text messages received from another mobile phone are free. Charges apply for premium text messages (alerts, messages related to content, contests and promotions). **3.** A one-time activation fee of $35 per line applies. Additional airtime, long-distance, roaming, data, add-ons and taxes are extra and billed monthly. Early cancellation fees apply with a Fido Agreement. ™Fido & design and FidoDollars are trademarks of Fido Solutions Inc., used under license. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2009 Fido Solutions Inc.

FUTURE SHOP BEST BUY WIRELESSWAVE booth the telephone booth WIRELESS etc... COSTCO WHOLESALE Walmart

FIDO STORES

TORONTO
Dufferin Mall
First Canadian Place
Scarborough Town Centre
Sherway Gardens
Toronto Eaton Centre
Woodbine Centre
Yorkdale Shopping Centre
290 Queen Street West

WEST
Bramalea City Centre
Cambridge Centre
Conestoga Mall
Devonshire Mall
Erin Mills Shopping Centre
Fairview Park Mall
Lime Ridge Mall
Mapleview Shopping Centre
Masonville Place
Oakville Place
Pen Centre Mall
Shoppers World
Square One Shopping Centre
Stone Road Mall
White Oaks Mall

NORTH
Centerpoint Mall
Fairview Mall
Georgian Mall
Hillcrest Mall
Markville Shopping Centre
The Promenade Shopping Centre
Upper Canada Mall
Vaughan Mills

EAST
Oshawa Centre

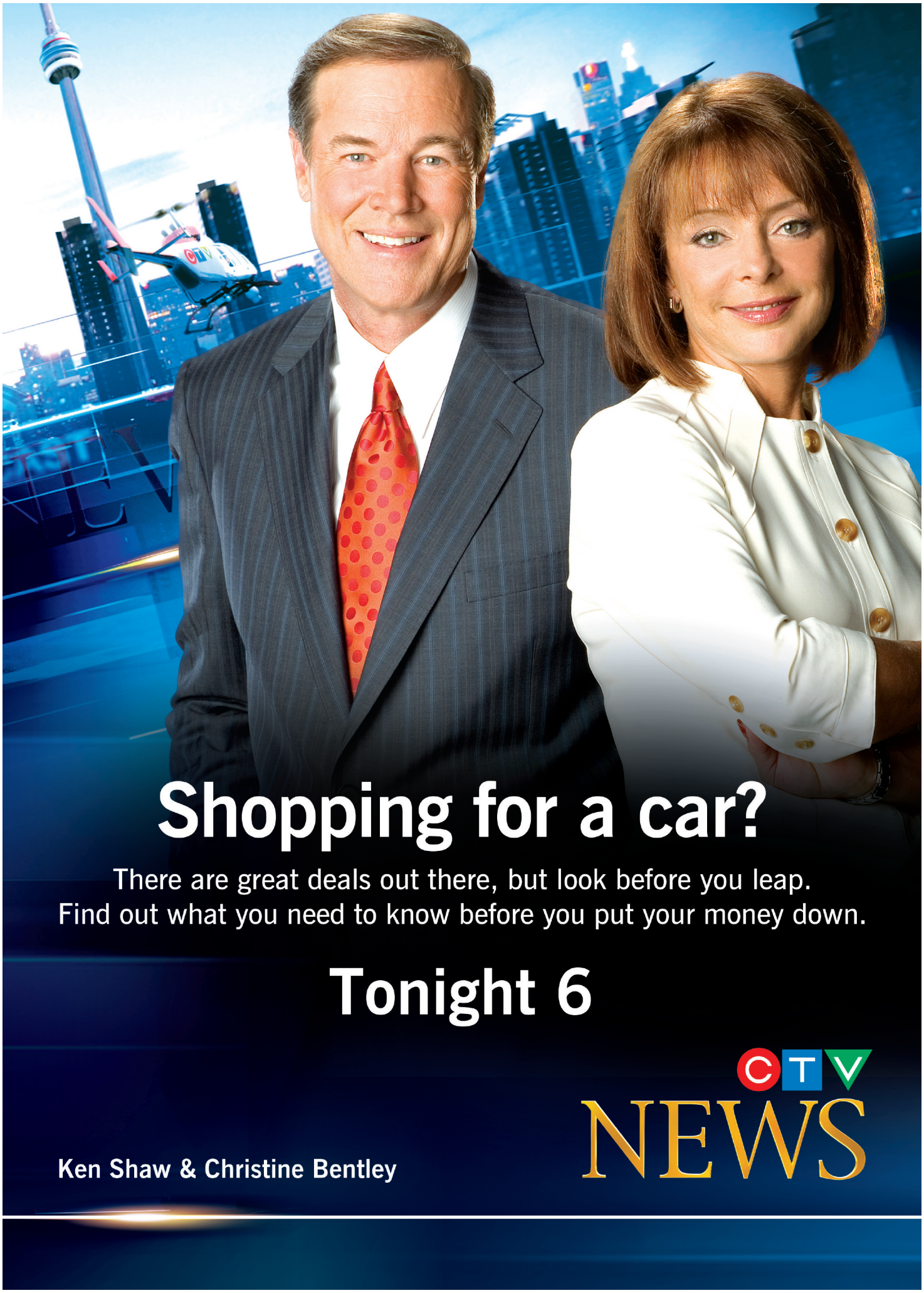
EXCLUSIVE DEALERS

TORONTO
DIGICELL.CA
222 Spadina Avenue, Unit 3A, Toronto
Westwood Mall, Toronto
Lawrence Square, Toronto
College Park, Toronto
G2 WIRELESS
Gerrard Square, Toronto
OCEAN WIRELESS
2674 Yonge Street, Toronto
Cedarbrae Mall, Toronto
1712A Queen Street East, Toronto
Bridlewood Mall, Toronto
UNI-CELL TELECOM INC.
2300 Yonge Street, Unit S22, concourse level, Toronto
607 Bloor Street West, Toronto
UNIPAGE
Chinatown Centre, Toronto
WIRELESS DNA
363 Yonge Street, Toronto
220 Yonge Street, Level 1, Toronto Eaton Centre
1448 Queen Street West, Toronto
6064 Yonge Street, Toronto
1911 Finch Avenue West, Unit K11, Toronto
East York Town Centre, Toronto
Yorkgate Mall, Toronto
Parkway Mall, Toronto

WEST
DIGICELL.CA
Westwood Mall, Mississauga
77 James Street North, Hamilton
G2 WIRELESS
Dixie Outlet Mall, Mississauga
JCC COMMUNICATIONS
350-380 Dundas Street East, Oakville
Sheridan Centre, Mississauga

NORTH
CHANNEL WIRELESS
3255 Highway 7 East, Unit 126, Markham
DIGICELL.CA
First Markham Place, Unit 167
Pacific Mall, Unit E28, C3
UNI-CELL TELECOM
Denison Centre, Markham
5150 Yonge Street, Unit G3, North York
UNIPAGE
Pacific Mall, Unit E21, Markham
First Markham Place, Unit 218, Markham
Promenade Shopping Centre, Thornhill

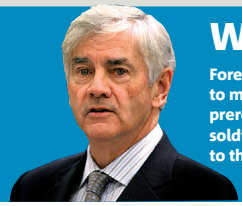
EAST
CHANNEL WIRELESS
4675 Steeles Avenue East, Unit 1D18, Scarborough
G2 WIRELESS
Woodside Square
JCC COMMUNICATIONS
Eglinton Square, Scarborough
OCEAN WIRELESS
Pickering Town Centre, Pickering
PEPPER WIRELESS
4438 Sheppard Avenue East, Unit 127, Scarborough
UNIPAGE
Oriental Centre Mall, Unit 251, Scarborough
4675 Steeles Avenue East, Unit 105, Scarborough


Shopping for a car?
There are great deals out there, but look before you leap.
Find out what you need to know before you put your money down.
Tonight 6
CTV NEWS
Ken Shaw & Christine Bentley

Quebec to cut greenhouse emissions by 20 per cent

Quebec Premier Jean Charest says the province will cut its greenhouse gas emissions by 20 per cent from 1990 levels by 2020. Charest says the new threshold would reduce the province's emissions to eight million tonnes. THE CANADIAN PRESS

Canada



Whistleblower had right to speak: MP

Foreign Affairs Minister Lawrence Cannon, left, says diplomat Richard Colvin had a right to make his explosive allegations about Afghan prisoners. He says Colvin exercised his prerogative as a whistleblower by saying Ottawa ignored his warnings that Canadian soldiers were turning Afghan detainees over to torture. At the same time, Cannon stuck to the Conservative government line that the allegations have not been proven.

THE CANADIAN PRESS

POW transfers halted: MacKay

3 suspensions in '09 over concern for Afghan prisoners, minister says

Concerns about the treatment of Afghan prisoners prompted Canadian soldiers to halt the transfer of POWs three times over the course of the last year, says Defence Minister Peter MacKay.

The suspensions are proof that agreements aimed at treating detainees humanely are working, MacKay said yesterday.

The assurances came as the government prepared to counter explosive accusations from Canadian diplomat Richard Colvin that senior government officials turned a blind eye to the torture of Afghan prisoners transferred into the hands of Afghan authorities.

That counterattack will include a highly anticipated appearance tomorrow before a parliamentary committee by former chief of defence staff Rick Hillier, who was ultimately responsible for Canada's mission in Afghanistan.

Also scheduled to appear are Maj.-Gen. David Fraser, who led troops on the ground in Kandahar, and Lt.-Gen. Michel Gauthier, who was responsible for overseas deployments in 2006.

The government yesterday acknowledged the suspensions of prisoner transfers to Afghan authorities for the first time, even though opposition parties have been asking questions about the treatment of detainees for months.

MacKay said the suspensions followed the refusal by Afghan authorities to abide by an agreement that guaranteed access to prisons where the detainees were being held.

He told Liberal Leader Michael Ignatieff the government acted as soon as "credible allegations came to our attention."

THE CANADIAN PRESS

m.metronews.ca

ScanLife

A U.S. plan to work with anti-Taliban militias echoes the ideas of a Canadian general. Scan this code for the full story.

Learn how to scan the barcode with the instructions at the top of pg 3

Calgary **North American Solar Challenge**

JEFF MCINTOSH/THE CANADIAN PRESS

Team members from the University of Calgary's solar car team unveil their new solar race car yesterday in Calgary, which will compete in the 2010 North American Solar Challenge. The challenge is a biennial event, based on a competitive field of solar cars crossing North America, powered by nothing but the sun. Teams are required to research, build and design vehicles capable of completing the 4,000-kilometre journey from Dallas, Texas, to Calgary.

News in brief

ADOPTION An editorial published in the Canadian Medical Association Journal calls for changes to ensure more kids in the child welfare system find permanent homes. It says only about 2,300 children are adopted in a given year. Dr. Noni MacDonald, one of the editorial's authors, says it's time for a public discussion about ways to make it easier for people who want to adopt to learn about children who might be good matches.

DION Stéphane Dion has reaffirmed his unwavering support for Michael Ignatieff, despite his wife's dim view of the man who replaced her husband as Liberal leader. Janine Krieber set Liberal tongues wagging on the weekend with a Facebook posting in which she slammed Ignatieff. Francesco Miele, a spokesman for Dion, said the former leader has "always been loyal to his leaders and his party and he'll always be."

THE CANADIAN PRESS

Protect gun registry, urges women's group chief

QUEBEC The head of Quebec's major women's group says more needs to be done to combat violence against women and that includes saving the federal gun registry.

Alexa Conradi, president of the Federation des femmes du Quebec, said yesterday she wasn't surprised the Conservatives had tabled a motion this month in Parliament to kill the registry.

"Where it is surprising is the lack of political leadership of both the NDP and the Liberals that allowed this second round of voting to lead to possibly the elimination of the gun registry," Conradi said.

Conradi was attending the announcement of activities at the Universite du Quebec a Montreal to mark the 20th anniversary of Marc Lepine's murderous rampage at the Universite de Montreal's engineering school.

The gunman killed 14 women, and many other students and staff were wounded in the slaughter at Ecole polytechnique on Dec. 6, 1989.

THE CANADIAN PRESS

The New Network is
And it means business.

Get the best for your business with the latest BlackBerry® Bold™ smartphones with Wi-Fi from Bell. They run on the fastest, largest and most reliable network in Canada[1], with global coverage in over 200 countries, so you can get more business done in more places.

Visit a Bell store • 1 866 BELL-BIZ • 1 888 4MOBILE (consumer) • mobilebusiness.bell.ca

BlackBerry® Bold™
9700 smartphone
$229.95
with a $50 voice and data plan on a 3-yr. term[2]
($599.95 no term)

BlackBerry® Bold™
9000 smartphone
$99.95
with a $50 voice and data plan on a 3-yr. term[2]
($599.95 no term)

BONUS: For a limited time, enjoy $50 off accessories when you purchase a BlackBerry smartphone from Bell.[3]

Bell business just got better

Offer ends November 26th, 2009. Available with compatible devices within network coverage areas available from Bell (HSPA/HSPA+) and its partners' network coverage areas where technology permits. Other monthly fees, e.g., 911 (Quebec as of Dec. 1st: $0.40, New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.50, not available in Newfoundland and Labrador), and a one-time device activation ($35) applies. Paper bill service charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** Based on: (a) fastest network, according to tests of average upload and download speeds using HSPA devices, in large Canadian urban centres, (b) largest network, based on total square kms of coverage, and (c) most reliable network based on tests for dropped calls and call clarity in large Canadian urban centres using HSPA devices; all on the shared HSPA/HSPA+ network available from Bell, vs. Rogers HSPA/HSPA+ network as of Sept. 2009. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA/HSPA+ not available in all areas. Bell.ca/network. **(2)** With new activation on a 3-yr. term on a Business plan with a select BlackBerry smartphone on a voice and data plan with a min. value of $50/mo. **(3)** With a new activation of select devices on a 3-yr. term on a postpaid voice plan. Rebate applies in-store before taxes on select accessories. BlackBerry,® RIM,® Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world.

Feds to partner with diabetes research foundation
The federal government announced a $30-million partnership yesterday with Juvenile Diabetes Research Foundation Canada toward combating the disease. THE CANADIAN PRESS

Olympics 'could be impacted': Union

Labour dispute continues between B.C. paramedics and government

B.C. ambulance workers may have been forced back to work, but the union says the labour dispute is ongoing and could impact service during the Olympics.

Ambulance Paramedics of B.C. president John Strohmaier says the union is encouraging colleagues across North America not to volunteer at the Games until the dispute is over.

He says the issue could have been resolved if the province had appointed an independent, third-party commissioner to review its concerns.

Instead, the provincial government has appointed an industrial inquiry commissioner who is a former deputy finance minister.

The province passed back-to-work legislation for paramedics and dispatchers in early November, seven months after job action began.

That was weeks after the Olympics organizing committee wrote a letter to the government asking for a guarantee of paramedic services to lessen the risk of the Games being cancelled.

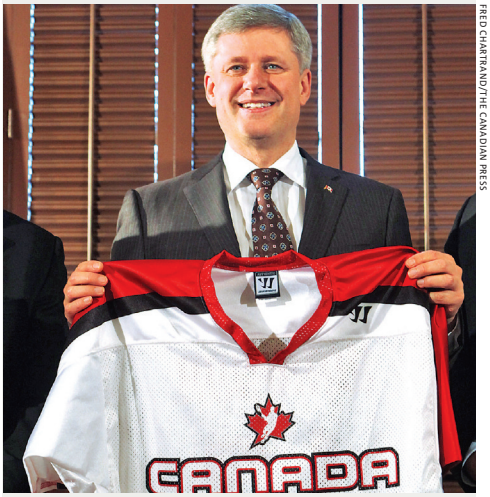
THE CANADIAN PRESS

FOLLOW THE OLYMPIC TORCH'S JOURNEY WITH AN INTERACTIVE MAP AT METRONEWS.CA/SPORTS

News in brief

COURT A man who has been in prison for two decades is asking a Manitoba court to release him on bail while his murder conviction is reviewed. Frank Ostrowski has said he didn't order two men to shoot a dealer over a drug debt. The federal government is reviewing whether Ostrowski was wrongfully convicted because questions have surfaced about the main witness in the case. THE CANADIAN PRESS

Ottawa **Team pride**



FRED CHARTRAND/THE CANADIAN PRESS

Prime Minister Stephen Harper displays a team jersey yesterday after it was presented to him by the 2010 Canadian men's field lacrosse team on Parliament Hill.

Battle over election ad funding intensifies

TRIAL The lawyer representing two federal Conservative agents had a rough morning yesterday as Federal Court began hearing a Tory case against Elections Canada related to 2006 advertising expenses.

Judge Luc Martineau asked a series of questions that had lawyer Michel Decary combing through his boxes of documents for answers. Martineau said the key question for the court was who provided the services to the Tory candidates in question — and all his enquiries seemed to lead back to the Conservative party itself.

THE CANADIAN PRESS

67 The number of candidates the Conservatives are seeking to have reimbursed for election advertising from the 2006 election.

RESEARCH STUDY

ARE YOU A MAN WITH OSTEOARTHRITIS?

We are looking for **men with osteoarthritis** who are **between the ages of 40 and 60** years to complete one brief questionnaire and one telephone interview about living with arthritis.

For information about this important research, please call **Jessi** at the Arthritis Community Research & Evaluation Unit (ACREU), University Health Network.

Toll Free: 1-866-724-0003

ACREU Arthritis Community Research & Evaluation Unit
University Health Network

Nobody gets you there faster.®1

EARN MILES FASTER

CIBC AEROGOLD® VISA INFINITE™

- Earn 1 Aeroplan® Mile for every dollar you spend[1] plus earn faster by shopping at over 150 Aeroplan partners
- Redeem and fly to over 900 destinations on Canada's leading airline, Air Canada, or any of the other Star Alliance™[1] carriers

PLUS, EARN DOUBLE AEROPLAN MILES FOR A LIMITED TIME
when you purchase travel at select Aeroplan partners with your CIBC Aerogold Visa Infinite Card[2]

APPLY TODAY AND RECEIVE
15,000
AEROPLAN MILES

Apply today and earn a Welcome Bonus[3] of 15,000 Aeroplan Miles. Visit a CIBC branch, cibc.com or call 1 866 454-4323.

CIBC
For what matters.

Applicants must meet income, other criteria. [1]Miles earned only on net Card purchases (not on Cheques, etc.). Aeroplan Partners and rules may change. Taxes/fees/surcharges may apply to Rewards. [2]Offer only available on net Card purchases posted to CIBC Aerogold Visa Infinite accounts Oct. 1/09 – Dec. 20/09 under credit card network merchant codes for Air Canada, Fairmont Hotels & Resorts, Delta Hotels & Resorts or Avis. Services provided by participating merchants but posted under another code or after this time period, or billed under a different code don't qualify. Other conditions apply; see aeroplan.com/maximizer. [3]Welcome Bonus cannot be combined with any other offer and applies to new, approved primary cardholders only; it may not apply if you convert your existing CIBC Visa card, or if your existing CIBC Visa card is converted, into this card. Welcome Bonus will be awarded after you complete your first card purchase. Offer may be changed or withdrawn at any time. ™[1]Star Alliance is a Registered Trademark. ®Registered trademarks of Aeroplan Canada Inc. CIBC, authorized licensee. ®[1]Reg. TM of CIBC. "CIBC For what matters." is a TM of CIBC.

Public was not in danger: Nuclear plant official

Officials are trying to determine how workers cutting a pipe stirred up radioactive dust at the Three Mile Island nuclear power plant in Pennsylvania. Plant spokesman Ralph DeSantis said yesterday the public was not endangered Saturday, when a dozen workers were exposed to radiation. THE ASSOCIATED PRESS

World

Medvedev won't restore elections

Russian news agencies are quoting President Dmitry Medvedev as saying he won't restore gubernatorial elections. Medvedev's predecessor, Vladimir Putin, scrapped elections of Russian provincial leaders in what critics called a major retreat from democracy, leaving their appointment largely up to the president. Medvedev has stressed the importance of democracy but has done little to open up the electoral system.

THE ASSOCIATED PRESS

Unsafe conditions in mine: Official

CHINA The coal mine that exploded in northern China, killing 104, had too many workers underground in an effort to increase output, a government official said yesterday, exposing the risks often taken to meet the country's insatiable energy demands.

The weekend gas explosion was a blow to the government's recent efforts to improve safety standards in the industry, the deadliest in the world.

THE ASSOCIATED PRESS

m.metronews.ca

Q&A: Iranian-Canadian journalist Maziar Bahari recounts his four harrowing months in an Iranian prison after the country's controversial election at metronews.ca/world

Learn how to scan the barcode with the instructions at the top of pg 3

Prisoner swap close: Source

Israel, Hamas reportedly nearing deal for soldier, Palestinian prisoners

Israel and Hamas are close to a deal to swap 1,000 Palestinian prisoners for an Israeli soldier held for more than three years by the Islamic militant group, a Palestinian familiar with the talks said yesterday.

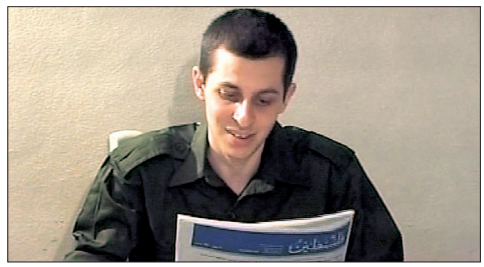
Israeli President Shimon Peres, who met with Egypt's president in Cairo Sunday, confirmed progress in the negotiations to free captured soldier Sgt. Gilad Schalit, but Israeli officials refused to comment further. Hamas' deputy political leader, Moussa Abu Marzouk, also said "there is progress" in the talks.

The Palestinian close to the talks said Palestinian prisoners would be released in two stages. The initial batch is expected to include many serving lengthy sentences for deadly attacks on Israelis. Among them would be Marwan Barghouti, a popular leader of Hamas rival Fatah, who is serving multiple life sentences for involvement in deadly attacks. Barghouti is seen as a top contender for the next Palestinian president.

While negotiations have been dragging on for years, conditions appear to be ripening for a deal. Though no official statements have been made, it appears that Israeli Prime Minister Benjamin Netanyahu is prepared to release more hardcore Palestinian militants than his predecessor, Ehud Olmert, fulfilling a key Hamas demand.

Hamas also has shown flexibility on some important issues, particularly Israel's insistence that some prisoners be deported after their release.

THE ASSOCIATED PRESS



Israeli soldier Gilad Schalit is seen in a video image provided by Hamas. Delegates travelled to Cairo yesterday to debate a final prisoner list presented by Israel for an exchange that would see Schalit freed after more than three years in captivity.

Report: 10-month freeze

- Israeli TV reports that Prime Minister Benjamin Netanyahu is proposing a 10-month freeze in construction in Jewish settlements in the West Bank. The freeze would not apply to Jewish neighbourhoods in east Jerusalem.

News in brief

PHILIPPINES Dozens of gunmen hijacked a convoy carrying journalists, and family and supporters of a candidate for provincial governor, killing at least 21 of the travellers yesterday in the southern Philippines' worst political violence in years. There was no claim of responsibility for the bloodshed in the predominantly Muslim region wracked by political tensions.

AFGHANISTAN The U.S. yesterday agreed to hand out millions of dollars in development aid to provinces in Afghanistan that have eliminated or reduced the production of opium poppies. Curbing the cultivation of poppies is the goal of a U.S. program that has doled out $80 million US since 2007. That includes $38.7 million the U.S. announced it is giving to 27 of Afghanistan's 34 provinces that either reduced cultivation more than 10 per cent or became poppy-free this year.

THE ASSOCIATED PRESS

BETTER HIGHWAY FUEL EFFICIENCY THAN ACCORD OR CAMRY.△

CONSUMERS DIGEST BEST BUY

★★★★★ FIVE-STAR SAFETY RATING◊

LTZ model shown††

HWY: 6.5 L/100 km – 43 mpg
CITY: 9.5 L/100 km – 30 mpg

THE 2010 CHEVROLET MALIBU LS

- 5.9L/100 KM AND OVER 1,040 KMS BETWEEN FILL-UPS ON THE HIGHWAY△
- OUTSTANDING SAFETY: 5-STAR SAFETY RATING◊,ONSTAR® WITH AUTOMATIC CRASH RESPONSE, STOLEN VEHICLE ASSISTANCE & REMOTE DOOR UNLOCK¥
- GREAT FEATURES: 170 HP 2.4L ECOTEC® VVT ENGINE WITH DIRECT INJECTION, 17-IN WHEELS, AVAILABLE 6-SPEED AUTOMATIC TRANSMISSION, 6-SPEAKER PREMIUM SOUND SYSTEM

CASH PURCHASE PRICE
$20,995*

INCLUDES
$3,000
CASH CREDIT♦ AND HOLIDAY BONUS♦♦

60-DAY SATISFACTION GUARANTEE▼

ONTARIOCHEVROLETDEALERS.COM

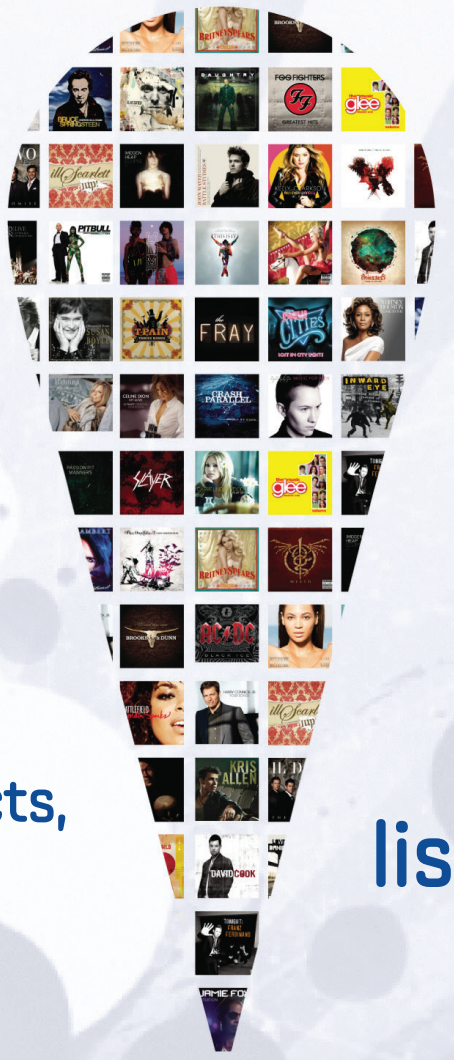
NEW TOY NEW JOY EVENT

CHEVROLET

GM Canada
THE BEST COVERAGE IN CANADA
5 YEARS • POWERTRAIN COMPONENT LIMITED WARRANTY • ROADSIDE ASSISTANCE • COURTESY TRANSPORTATION
160,000 KM*

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦$2,000 manufacturer to dealer delivery credit available on 2010 Malibu (tax exclusive) for cash customers only and is reflected in offers in this advertisement. Credit will impact the effective APR for finance customers. See your GM dealer for details. ♦♦$1,000 holiday bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Hummer models excluding all Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. *Offer applies to the cash purchase of 2010 Chevrolet Malibu LS R7C. Freight ($1,350), license, insurance, registration, PPSA, administration fees and taxes are not included. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. ♦/♦♦/†Offers apply as indicated to the purchase of 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealer order or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. △2010 ratings based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. Excludes other GM models. ◊US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Malibu received both a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for front and rear seat occupants in the Side-impact Crash Test. Side-impact Crash Test rating is for a model tested with standard head-curtain side-impact air bags.††Chevrolet Malibu LTZ, MSRP $32,255. ¥OnStar® services require vehicle electrical system (including battery); wireless service and GPS satellite signals to be available and operating for features to function properly. Subscription Service Agreement required. Call 1-888-4ONSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Statement and details and system limitations. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ▼Return between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only; excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $200. Vehicle usage fee and other restrictions apply. Not available with some other offers. Customer must take retail delivery by 01/11/10. See dealer or gm.ca for additional details.

©2009 Samsung Electronics Canada, Inc. All Rights Reserved. Samsung is a registered trademark of Samsung Electronics Co., Ltd. Screen images are simulated. *Offer ends Dec. 31st, 2009. Visit a Bell Store for details.



Hey text addicts, listen up!

Vice™ Impact™ Reclaim™

Want to stay in touch without missing a beat? Pick up a Samsung messaging phone specially designed for text fanatics. With QWERTY keyboards and lots of messaging options, quick texts are even quicker. And listening to music on the go is even easier.

Get 10 FREE songs from Sony's massive music library when you buy a Vice, Impact or Reclaim!*

To find out more stop into a Bell store today. Can't decide between Vice, Impact or Reclaim? Visit **samsung.com/mobile** to see which one is right for you.

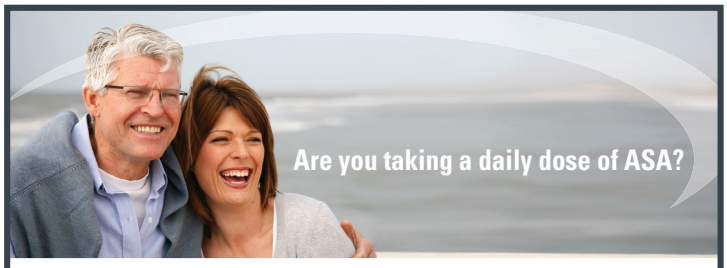
SONY MUSIC

SAMSUNG mobile

Thatcher unveils portrait at Downing Street residence
Former British leader Margaret Thatcher returned to London's Downing Street yesterday as she unveiled her own portrait, which has been installed in the official residence of Britain's prime minister. THE ASSOCIATED PRESS

News in brief

TAMILS The UN humanitarian chief yesterday called Sri Lanka's decision to release Tamil refugees confined to government camps since the end of the country's 25-year civil war "good news," but said the United Nations is concerned about how they are being returned home. John Holmes, who just returned from Sri Lanka, said the UN would have liked more consultation with the detainees and opportunities for them to see their home areas before going back, as called for in UN guidelines. The government announced Sunday that the remaining 136,000 Tamil refugees in the squalid and overrun government camps, where they've been detained against their will since the war ended, will be free to return to their villages after Dec. 1, and the camps will be closed by Jan. 31. THE ASSOCIATED PRESS



BIOVAIL CONTRACT RESEARCH, a recognized leader in the clinical research industry, is conducting a clinical study involving an investigational medication.

We are currently looking for:
Adults who are taking a daily dose of ASA (acetylsalicylic acid or Aspirin):
- **who are 65 years or older OR,**
- **who are 18 years or older with a history of peptic ulcers**

If you qualify, we'd like you to take part.

Study participants will be compensated up to $3,510.

Want to know more? Contact us at **www.biovail-cro.com or call (416) 752-3333**

BIOVAIL Contract Research

Greenhouse gases on the rise: Report

Greenhouse gases in the Earth's atmosphere reached record highs in 2008, with carbon dioxide levels increasing faster than previously, the UN weather agency said yesterday.

Levels of greenhouse gases, believed to be responsible for global warming, have been rising every year since detailed records started being kept in 1998, the World Meteorological Organization said.

It follows a trend of rising emissions that began with the Industrial Revolution in the mid-18th century, the agency said.

The report by comes as the European Union urged the United States and China yesterday to set targets for cutting greenhouse gas emissions at next month's climate conference in Copenhagen.

"Concentration of greenhouse gases continued to increase, even a bit faster," the organization's chief, Michel Jarraud, told reporters in Geneva.

Carbon dioxide — the main greenhouse gas in the atmosphere — was 385.2 parts per million in 2008, up two parts per million from 2007, the report said.

"It's significant because what we would like is to see a decrease in the increase," he said.

THE ASSOCIATED PRESS

Know your gases

- Carbon dioxide, nitrous oxide, and methane are produced partly by natural sources, such as wetlands, and partly by human activities such as fertilizer use or fuel combustion.

Palin book tour hits army base

POLITICS Sarah Palin brought her book-signing tour to North Carolina's Fort Bragg yesterday and hundreds greeted the former Republican vice-presidential candidate in a campaign-like gathering.

Sarah Palin

Palin's appearance tested Department of Defence regulations, which prohibit politicians from using installations as a platform. Palin didn't give a speech and individually thanked soldiers, and a base spokesman said she was not campaigning.

But the bus parked nearby encouraged donations to her political action committee and supporters made clear that she should run for president.

THE ASSOCIATED PRESS

TORONTO
Associate Publisher, Irene Patterson
Managing Editor, Jim Reyno
Retail Sales Director, Tracy Day
Prod/Distribution Director, Gerry Moher
METRO CANADA
Group Publisher, Bill McDonald
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Conservative track record tells story

NationalReport
Lawrence Martin

metronews.ca/nationalreport

When in doubt, check the track record. If that is done on the question of diplomat Richard Colvin's testimony on the Afghan detainees, the Harper government's side of the story doesn't make it to the dance floor.

The Conservatives have a long history of trying to shield embarrassing truths from the public and of smearing anyone who challenges them. It's one of the reasons critics were quick to pounce on Defence Minister Peter MacKay's attempt to undermine Colvin last week.

In the same week, the Tories were distributing flyers to various ridings trying to paint the Liberals as anti-Jewish. The charge is ludicrous. Michael Ignatieff, one of the most right-wing leaders on foreign policy the Liberals have ever had, is decidedly pro-Israel. But that's the way the Tories operate.

We recall how they went after Linda Keen, the former president of the Canadian Nuclear Safety Commission, and how they slandered Human Rights Commissioner Louise Arbour, calling her a "national disgrace." They smeared NDP members as being pro-Taliban. As for their record of secrecy and concealment, they may well exceed any Canadian government before them. They've muzzled their own ministers, shut down a giant government information registry, and made a mockery of access to information regulations.

No one should be surprised, therefore, if in fact they tried to cover up the Afghan prisoner abuse and are now forced into trying to discredit the whistleblower.

The Conservatives keep using smear tactics for a good reason. They work. Take the personal attack ads they launched against Liberal leaders Stéphane Dion and Ignatieff. Those leaders, who came out of the soft ivory tower of academia, had no response. Dion didn't have the money to run counterattack ads. The party was broke. Iggy's team had the money. But what did he do? After being belted by Conservative commercials labelling him a just-visiting, power-hungry, carpetbagger, he turned the other cheek.

The Grits, hovering at historic low levels of 23 per cent in the polls, desperately need a new strategy. They've got to throw out the kid gloves and start responding to the Tories in kind. Ignatieff hasn't wished to be front and centre on the Afghan allegations because of his past controversial remarks on the use of torture.

But the torture allegations are only one element of this story. There's a bigger one. It's the alleged cover-up. Iggy should smear the Conservatives with that. Unlike most Tory charges, it might even be true.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

How to read the Common Sense Index

InBusiness
Charles Davies

metronews.ca/inbusiness

Baffled by the gyrations of the stock market? Confused by contradictory economic statistics? Weary of economic pundits who keep on forecasting even though they've blown it nearly all the time?

Friends, you don't have to wait on tenterhooks for the next instantly obsolete report from Statistics Canada, or hold your breath for the Bank of Canada's next pronouncement. You can start predicting the economy's future by using some simple observational skills based on the five key indicators in the Common Sense Index or CSI. The key components of the CSI go like this:

Bag factor: Sure, there are plenty of people walking around in shopping malls. But how many of the folks are actually shopping? That's why it's so important to count shopping bags. More bags equal more retail sales.

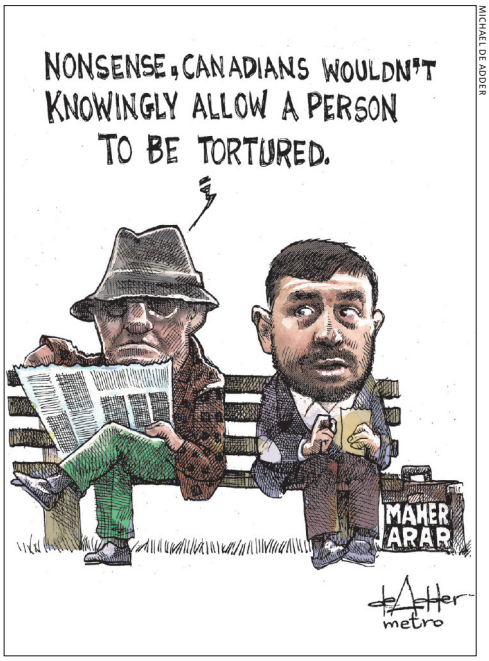
Lot loads: If you have some spare time, drive through the industrial areas of your town or city and pay attention to factory parking lots. The fuller the lots, the more people are likely to be employed inside. If the lots are pretty empty, you know we're not out of the woods yet.

Merchant anecdotes: When you shop, whatever it's for, ask retailers about their business and whether they're seeing positive changes since earlier this year. Sometimes the results are surprising. I recently had to buy a new refrigerator and I assumed big ticket appliances would be slow movers in a period when people are parsing out their cash. Not so, the retailer told me. People are staying home more and they need things like stoves and fridges, so business has been brisk.

Bums on seats: If you go to movies, theatres, clubs, whatever, are there full houses or something less? What sort of traffic is evident in restaurants and fast food outlets, not just at lunch when there always seems to be activity, but through the rest of the day and night? Make sure, however, to ignore indicators like the perpetually lengthy drive-through lines at Tim Hortons, which are impervious to economic trends.

Hell on wheels: Huge trucks may make driving on major highways a nightmare, but the more there are, the more the economy is cranking over. Take a deep breath and be thankful that they're cutting you off or threatening to crush you.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADDER

Tell us your views by email to torontoletters@metronews.ca or comment on metronews.ca or on Twitter @metrotoronto
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Toronto 1 Concorde Gate, Suite 703, Toronto, ON M3C 3N6, Tel: 416-486-4900; Fax: 416-482-8097; Advertising: 416-486-4900 ext. 316 • adinfotoronto@metronews.ca; toronto_distribution@metronews.ca; News: jim.reyno@metronews.ca

NEW TAKE-OFF TUESDAYS
In 48 hours this vacation deal will be gone...will you?
signature vacations
Puerto Plata, Dominican Republic
Casa Marina Beach ***plus
1 week, all inclusive, departing from Toronto
Sat Jan 16 & 23
$468 + $321 taxes
Quantities are limited, check signaturevacations.com weekly.
Take-Off Tuesday rates are valid from start of day, 12am midnight on Tuesday until end of day 12pm midnight on Wednesday. All advertised prices are per person, based on double occupancy and valid for one week durations only. Rates apply to the lowest room category offered unless otherwise stated. All rates are subject to change and were valid at time of ad creation. While all reasonable efforts have been made to ensure the accuracy of the information in this ad, Signature Vacations accepts no responsibility for actions, errors or omissionsarising from the readers use of the information howsoever caused. Signature Vacations, a division of First Choice Canada Inc., 1685 Tech Ave., Unit #2, Mississauga, L4W 0A7, ON Reg #50014683, BC Reg #3043, QUE Reg #800231.

Thai banker charged after being extradited from Canada

A former adviser to a Thai bank whose failure helped spark the 1997 Asian financial meltdown was formally charged yesterday in connection with embezzling almost $50 million US. Rakesh Saxena, 57, was extradited last month from Canada after one of the longest extradition battles in Canadian history. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 94.71¢	US $4.47	US $77.56	11,624.02
US 1.24¢	US 4.9¢	US 9¢	44.69

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Pension sponsors pessimistic: Poll

PENSIONS The overwhelming majority of sponsors of defined benefit pension plans in Canada are at least somewhat pessimistic about their ability to meet future obligations, RBC Dexia Investor Services said yesterday.

According to an RBC Dexia survey taken in October, 89 per cent of defined benefit plan sponsors believed that Canada's pension system is either poorly positioned or average when it comes to Canada's future pension prospects.

THE CANADIAN PRESS

Shoppers open wallets

Canadian shoppers ramped up their spending in September, which boosted retail sales by one per cent to $34.9 billion, beating economist expectations.

Statistics Canada reported yesterday that retail sales logged widespread increases, with six of eight sectors showing gains.

It was the seventh increase in nine months and above expectations of a 0.6 per cent increase, according to consensus forecasts by TD Bank. In volume terms, retail sales increased 1.2 per cent.

"Whether it's housing, auto sales or these retail sales figures, there is mounting evidence that the domestic side of Canada's economy is in full recovery mode."
Doug Porter, economist

Retail sales have been rising since the beginning of 2009, following a sharp decline at the end of 2008. However, some retailers have complained in recent weeks that sales have been slow ahead of the holiday season and they've had to slash their prices.

September sales were 3.3 per cent lower than the same period last year.

The automotive sector was up one per cent.

Excluding the automotive sector, retail sales rose 1.1 per cent in September, the largest gain since January 2009. The main contributor to this increase was the food-and-beverage stores sector, where sales rose 1.3 per cent.

The largest increase was at general merchandise stores, where sales rose 1.9 per cent. After four months of flat sales, sales by miscellaneous retailers rose 1.7 per cent.

"Whether it's housing, auto sales or these retail sales figures, there is mounting evidence that the domestic side of Canada's economy is in full recovery mode," said Doug Porter, deputy chief economist at BMO Capital Markets. THE CANADIAN PRESS

Ciena offers jobs to 2,000 Nortel workers

AUCTION Ciena Corp. announced yesterday it will offer jobs to at least 2,000 Nortel employees after it won a three-day auction for the bankrupt Canadian company's optical and Ethernet business units.

Ciena's final cash and debt offer was worth $769 million US, about $248 million more than it initially bid in October.

The Maryland-based company emerged on top after a three-day auction in New York that began Friday. It beat out much larger telecom equipment maker Nokia Siemens.

Nortel said it was pleased with the deal, particularly with Ciena's commitment to retaining most of its employees.

The sale is subject to court approvals on either side of the border, which Nortel will seek at a joint hearing Dec. 2.

THE CANADIAN PRESS

Sale

- Nortel has been selling off its divisions after filing for creditor protection in January. It has yet to sell its assets related to GSM-R technology.

If all you need is a dental hygienist, why see a dentist?
SAVE UP TO 30% ON A CLEANING!
Book a Cleaning & Whitening for only $168!
Call today to book an appointment.
416 488-9800
www.independentdentalhygiene.com
independent
DENTAL HYGIENE CENTRES
Offers cannot be combined and have no cash value. Terms and conditions apply.

USA POOL/THE ASSOCIATED PRESS FILE PHOTO

Campbell Soup Co. said yesterday its first-quarter earnings rose 17 per cent even as soup sales declined.

Campbell bucks trend

SOUP Campbell Soup Co., the world's largest soup maker, says its first-quarter earnings rose 17 per cent even as soup sales declined.

Lower costs drove the higher profit. In 2008, fast-rising costs of ingredients and packaging materials was a bedevilling problem for the company, one that now seems under control.

The company also credits its increased efficiency in its supply chain for the higher profit.

Campbell reported net income of $304 million US, or 87 cents per share, in the first quarter. Revenue fell 2.1 per cent to $2.2 billion with sales steady or down in nearly every division, but profit up in every division.

Sales of soup fell three per cent. But the company notes that last year's first quarter was tough to match. Soup sales rose 12 per cent in that quarter.

THE ASSOCIATED PRESS

100% PERMANENT HAIR REMOVAL
OMI MEDICAL INC.
416•223•5500
The difference between OMI and everyone else is
DRAMATIC!!!
Others deliver empty promises. OMI delivers
SUCCESSFUL TREATMENT!!!
Why are we the best since 1979???
IT'S ALL WE DO!!!
Most of our new clients were treated unsuccessfully elsewhere by amateurs
SAVE YOUR MONEY!!!
What good is a cheap rate if you don't get results?
Come to the professionals at OMI and get
THE RESULTS YOU WANT!!!
www.omihair.com
OPEN 7 DAYS A WEEK
OMI on Rogers TV Channel 5 EXCLUSIVELY

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

BUSINESS, FRANCHISE & INVESTMENT EXPO
YOUR BUSINESS STARTS HERE.
SAT NOV 28 & SUN NOV 29
11AM-5PM
TORONTO CONGRESS CENTRE
650 DIXON ROAD, TORONTO
www.BusinessExchange.ca
416-657-4111
First 50 People Each Day will Receive a FREE 2-NIGHT HOTEL VOUCHER!
* Visit our website for details.
PRESENTED BY The Business Exchange
SPONSORED BY metro
SAVE $5.00 OFF ADMISSION WITH THIS COUPON!
*Coupon has no cash value. 1 coupon/person. METRO

Nobody likes surprises.

With no system access fee, what you see is what you pay.

At TELUS, we're making rate plans friendly. With our new Clear Choice™ Plans, there are no system access fees or carrier 911 fees. The price you see is the price you pay, so choosing the right plan is easy. And whether you visit us in-store or online, we'll help you find your perfect phone to go along with it. TELUS. the future is friendly®.

Clear Choice™ 30
$30/month*

- Up to 100 local anytime minutes + 50 BONUS minutes†
- Unlimited local night and weekend calling (9pm)
- Choose one Clear Choice option to double your minutes†, add 1,000 text messages‡, or add unlimited talk & text to your local 5 favourite numbers‡ **

telusmobility.com/futurefriendly

TELUS
the future is friendly®

TELUS STORES & AUTHORIZED DEALERS

TORONTO

Bayview Village Shopping Centre
Bloor West Village
Cloverdale Mall
Dufferin Mall
Fairview Mall
Gerrard Square
Royal Bank Plaza
Scarborough Town Centre
Sherway Gardens
Shops at Don Mills
Toronto Eaton Centre
Toronto Stock Exchange Tower
Woodbine Centre
Yorkdale Mall
2187 Queen St. E (The Beach)
2365 Yonge St. (north of Eglinton)
455 Danforth Ave.
720 King St. W
38 - 1500 Royal York Rd.
8 - 1750 The Queensway
1184 Kennedy Rd.
3 - 2610 Weston Rd.
1061 St. Clair Ave. W
104 - 5050 Dufferin St.
25 Davenport Rd.
1158 Warden Ave.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre
420 Main St.

Brampton
Bramalea City Centre
2880 Queen St. E (Hwy. 7 & Airport Rd.)
55 Mountainash Rd. (Springdale Square)
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
101 - 6200 Dixie Rd.
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.

Oakville
Oakville Place
RioCan Burloak
18 - 2501 Third Line
760 Pacific Rd.

NORTH

Markham
Markville Shopping Centre
Pacific Mall

Newmarket
Upper Canada Mall
1100 Gorham St.

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
3 - 4000 Hwy. 7

Woodbridge
A7 - 4220 Steeles Ave. W

EAST

Ajax
RioCan Durham

Pickering
Pickering Town Centre

Oshawa
Oshawa Centre
Taunton-Harmony Plaza
27 - 1414 King St. E

Whitby
Brock-Taunton Power Centre

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

FUTURE SHOP BEST BUY Walmart CELLULAPOINT

*Taxes, long distance, additional airtime, roaming and pay-per-use charges are extra per member. Plus applicable municipal tax for 911 in Quebec beginning December 1, 2009: 40¢. †BONUS minute offer is available on a 1, 2 or 3 year service agreement until December 31, 2009. BONUS minutes are not doubled when the client chooses double anytime minutes feature. ‡Premium messages are not included. An additional 10¢ charge will apply for each text message or attachment sent outside of Canada and the U.S. Text messages sent or received while roaming internationally will be charged at 60¢ per message. **Your five numbers must be Canadian domestic numbers and must not include your own TELUS mobile phone number, your voice mail retrieval number, toll-free or 900 numbers. Local talk & text refers to calls made or received from your mobile phone, and are subject to additional roaming, and/or long distance charges. Text messages can only be sent and received from other mobile phones and are subject to roaming and international charges. You may change the five numbers once per billing cycle by visiting telusmobility.com. TELUS, the TELUS logo, the future is friendly and Clear Choice are trademarks of TELUS Corporation, used under licence. Google, the Google logo, Google Maps, YouTube, Android and Gmail are trademarks of Google, Inc. All other trademarks are the property of their respective owners. © 2009 TELUS.

Berens Energy conducting review

Berens Energy Ltd. said yesterday it was conducting a review of strategic alternatives to enhance shareholder value, signalling it is considering a possible deal or sale of the business. THE CANADIAN PRESS

Experts expect mortgage rate rise to be quick

Interest rates aren't going up any time soon, but when they do the rise will be rapid, mortgage industry experts say.

Because of this, mortgage lenders and brokers have a responsibility to help homebuyers assess their capacity to make higher monthly payments, and to constantly evaluate their chances for default.

"There should be some prudence and there should be counselling by mortgage brokers to ensure people do leave a little wiggle room," Ivan Wahl, chairman and CEO of Xceed Mortgage Corp., said at an industry conference yesterday.

"... There should be counselling by mortgage brokers to ensure people do leave a little wiggle room."
Ivan Wahl, CEO Xceed Mortgage Corp.

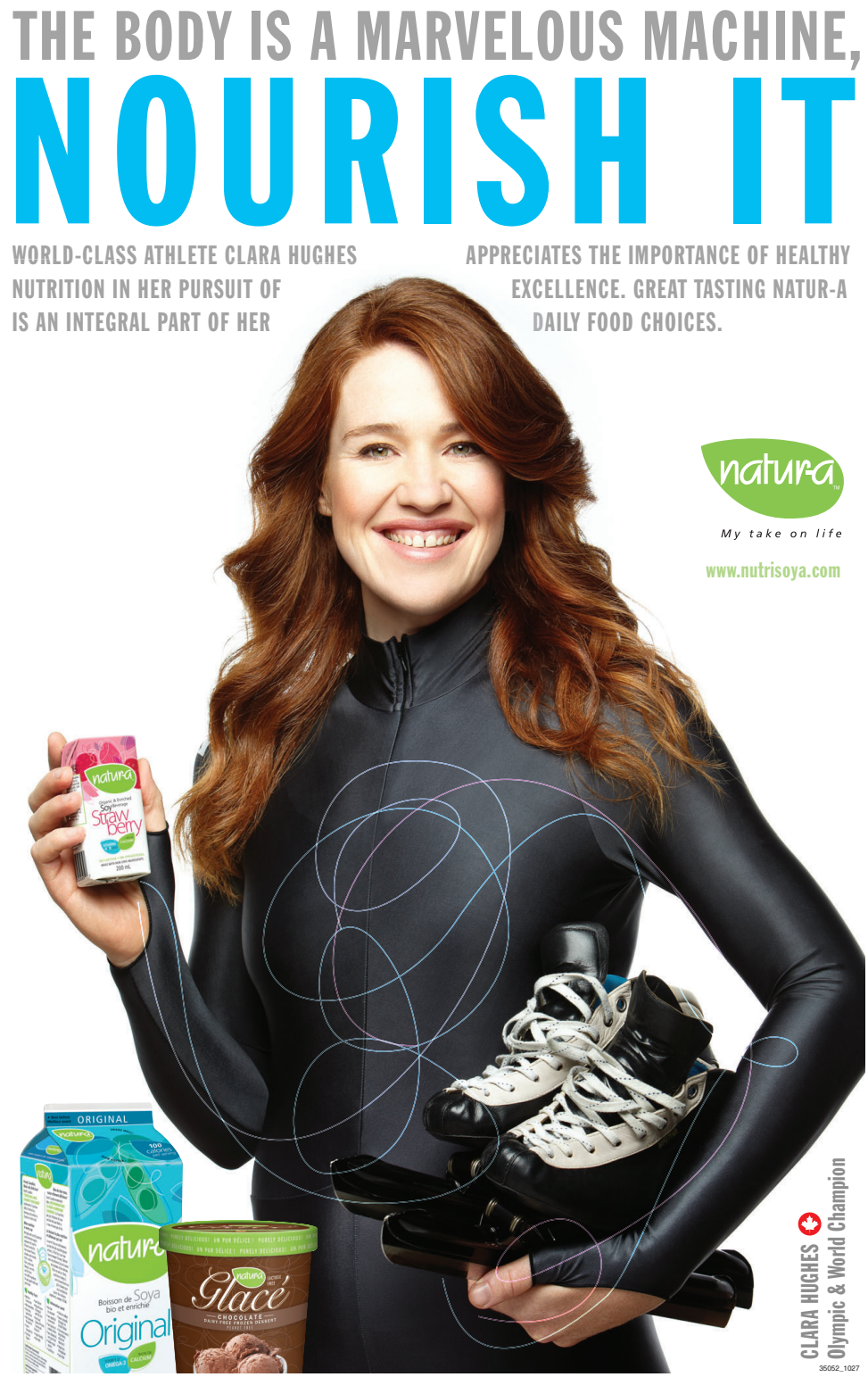
Wahl praised Canadian regulators for preventing the housing meltdown that has decimated the American economy, but said mortgage lenders have a responsibility to self-regulate.

The Canadian and American housing markets fared very differently during the recession. While the financial crisis in the U.S. was caused in large part by subprime mortgages, strict regulations helped the Canadian economy avoid a similar meltdown.

However, even mortgage lenders weren't expecting the Canadian housing market to fare as well as it has.

"The last half of '09 is better than anybody expected," said John Webster, president and CEO of Scotia Mortgage Corp.

"We were looking at a nuclear winter ... (for new mortgages), a 30 to 35 per cent drop, and that hasn't happened," agreed Stephen Smith, chairman and president of First National Financial. THE CANADIAN PRESS



GM looks to EU to foot restructuring bill

General Motors Co. yesterday asked European governments to help pay most of the $4.9 billion US it needs to restructure its struggling European operations.

At talks in Brussels, EU nations where GM has plants vowed to avoid individual negotiations with the company before a Dec. 4 meeting, where they will co-ordinate their response to GM's restructuring plans, due later this week.

Nick Reilly, the CEO of GM's Adam Opel GmbH and Vauxhall units, said it would be "quite difficult" for GM to supply much of the funding because it must also bear restructuring costs in the U.S. and elsewhere.

"We are looking for support of any government that feels willing to be able to provide us some financing support in the medium term," he told reporters after meeting officials from EU nations where GM makes cars. "We have indicated that we will provide some of the funding."

Reilly said GM would not be influenced in deciding where to cut jobs by how much money each government might offer because "the plan that we have is already in existence."

He refused to give details of the plan to cut some 20 to 25 per cent of the company's car-making capacity — that will likely shed thousands of jobs. He said he first wanted to talk to workers' representatives.

THE ASSOCIATED PRESS

Business in brief

CARBON OFFSETS The Greening Canada Fund for purchasing carbon offset credits from projects across Canada has received $13 million in investments from two major banks. BMO Financial Group is making an initial investment of $10 million and TD Bank Financial Group is investing $3 million in the fund.

THE CANADIAN PRESS

14K GOLD DIAMOND RINGS FROM $65

6 Diamonds & Ruby $125.00
1 Diamond $65
3 Diamonds $95.00
7 Diamonds $340.00
Gold heart with every purchase. Quantities limited.
7 Diamonds $275.00
14K Gold Ring 1 Diamond $197.00
14K Gold Ring 7 diamonds $147.00
Some rings will not be exactly as illustrated.

Barak Jewellery • 416.633.6311 • 294 Wilson Ave./Bathurst St.

OWN A HOME • NO MONEY DOWN
Artisan Financial Services Inc.
"Turning more renters into home owners than anyone else since 1995"
Do You Spend $1150 On Rent?
You CAN Own A Home!
Let Us Show You How...
Apply Today: www.ArtisanFinancial.ca
or call: 416-679-9799 • 1-866-993-0099

Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance)

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.00%	0.75%	0.80%	1.20%	1.05%	1.00%	0.75%	1.25%	1.00%	0.75%

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Trim holiday spending

AlisonOnMoney

The thrill of thrift still has Canadians in thrall. Despite cheery "It s over!" proclamations about the recession, consumers from coast to coast appear determined to keep their holiday spending in check.

In fact, 44 per cent of Canadians have vowed to trim their holiday buying, which amounted to $571 per adult last year. But we all know what happens to resolutions made months before Bing Crosby s White Christmas is piped into every mall.

The solution is to arm yourself against your worst holiday spending enemy — you! Before heading out to brave the crowds put together a quick mini-budget.

Visa Canada s revamped financial literacy website, practicalmoneyskills.ca, has a handy holiday calculator that jogs your memory about all the things you spend money on during the season but are likely to forget in the busy days ahead.

Few actually put a dollar figure to non-gift items or include them in a holiday budget. Every year I am shocked by how much festive candles, Christmas crackers, lights and special food items cost.

My daughter decided to get a professional family photo this year. Once she included an outfit for her son, a new blouse for herself and haircuts all round she spent as much getting ready for the pictures as the actual pictures themselves.

The Practical Money Skills calculator includes expenses such as cards, postage, baking supplies and charitable donations. Even holiday travel adds to your spending. On average, Canadians increase their driving and use of public transit by 30 per cent during the holiday season.

Alison's Money Rule:

- The trick to not spending more than you can afford this holiday season is being aware of all the places your money goes before you hit the stores.

When it comes to gifts, many people do make a mental budget and plan to stay under a certain sum per person. But they forget sundries like a tip for the paper delivery person, coins dropped into the Salvation Army kettles and a bottle of wine to a colleague.

Spend half an hour with the holiday calculator and you re far less likely to over spend this season.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Time to rebalance overweighted portfolios

Investing

The Toronto Stock market, the S&P and Dow have all had tremendous years so far. These indices are up more than 50 per cent from their lows in March.

If you were an investor that overweighted certain sectors of the market to take advantage of this rally, you may want to do some rebalancing before year end to get your portfolio back to a comfortable and appropriate sector mix for you.

Sectors like banking, energy and technology have all rallied over and above what most were anticipating, thus causing an investor's portfolio to now be heavily weighted in some of these areas. The end of the year is always a good time to take some profit and rebalance if this is warranted.

Careful analysis should be done on your portfolio at this time so that an investor can keep and add more to the investments they believe will outperform in 2010 and sell off those that would be more valuable if sold for the capital loss.

I recommend investors seek the help of an investment adviser to guide them through this process.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

HiSAVE Savings Account
1.20% C$
Apply online : icicibank.ca
ICICI Bank
All interest rates are expressed on a per annum basis and are subject to change any time without notice. Interest on HiSAVE Savings Account is calculated on the daily closing balance and paid monthly. ICICI Bank and logo and the HiSAVE name are registered trademarks.

Stop-loss rules may deny claims for tax purposes

MoneyMatters

Q I would like to contribute to my Registered Retirement Savings Plan (RRSP) for 2009. I do not have sufficient funds on hand to maximize my contribution. However, I have shares that are not registered. Can I transfer the shares to my RRSP? Because of the market downturn the shares have lost their value. Can I deduct the losses this year? — Alan

A In order to qualify for some tax deductions, what you do before Dec. 31 can determine if you get a tax refund or pay more to the federal government.

Investors should take stock of their investments, particularly in these volatile times. It is a good time to rebalance your portfolio and get rid of "darlings" of the past and look at the future.

Generally, sale of non-registered shares at a loss can be used to reduce capital gains in the year — effectively reducing your tax liability. Additionally, losses can be carried back three years to recover prior year taxes on gains.

There are stop-loss rules that may deny losses on some dispositions. An asset transfer from a non-registered account to an RRSP (registered account) can be executed by your broker and shares kept intact. However, stop-loss rules may apply and the loss for tax purposes may be denied under the circumstance. This is consistent with the sale of shares at a loss and repurchased within 30 days.

Before transferring or selling shares, consult your broker/accountant concerning these types of transactions.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

ABCDEFGHIV
STOP AVOIDING. START TALKING.
keep it alive. preventAIDS.ca

You have a voice. Use it.

Need a safe place to share your opinions and learn important facts about HIV/AIDS in your community? **Visit us at preventaids.ca** and let your voice be heard. Participate in our blog and post your feelings, fears and frame of mind on a number of real life issues involving the prevention and management of HIV/AIDS.

Le conseil des africains et caraïbeens sur le VIH/SIDA en Ontario

African and Caribbean Council on HIV/AIDS in Ontario

CACVO ACCHO

Mauer voted MVP

Joe Mauer, left, became only the second catcher in 33 years to win the American League Most Valuable Player Award, finishing first in a near-unanimous vote yesterday. The Minnesota Twins star received 27 of 28 first-place votes. THE ASSOCIATED PRESS

Sports

Slice to make UFC debut

Heavyweight Kimbo Slice will make his live UFC debut Dec. 5 on the Season 10 finale of The Ultimate Fighter, Spike TV confirmed yesterday. The TV network said Slice's opponent in Las Vegas will be named at a later date. There has been speculation that it could be hard-hitting light-heavyweight Houston Alexander. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Soderling has Nadal's number

TENNIS Rafael Nadal lost to Robin Soderling for the second straight time, falling 6-4, 6-4 yesterday in their opening round-robin match at the ATP World Tour Finals in London.

Soderling, who handed the Spaniard his first ever loss on clay at the French Open this year, powered his way through the Group B match by mixing a hard forehand with a solid backhand to keep Nadal running all over the hard court at the O2 Arena.

Rafael Nadal

"He is a big player in this surface, so (it) is difficult," Nadal said.

"I didn't play really bad. But in the important moments, I didn't have this calm, this necessary calm, to win these matches against the best players of the world."

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Nashville 3 Detroit 1
N.Y. Islanders 4 **TORONTO** 3
Columbus at N.Y. Rangers N
Washington at Ottawa N
Pittsburgh at Florida N
Boston at St. Louis N
Carolina at Dallas N
Philadelphia at Colorado N
Phoenix at Edmonton N
Calgary at Anaheim N

NBA

YESTERDAY'S RESULTS

Sacramento at Memphis N
Milwaukee at San Antonio N
Chicago at Portland N
Minnesota at L.A. Clippers N

Isles sink Leafs in OT

Josh Bailey and Dwayne Roloson helped get John Tavares a win in his first NHL game at Air Canada Centre.

Roloson made 58 saves and Bailey scored 4:18 into overtime as the Islanders beat the Toronto Maple Leafs 4-3 last night.

What started as a big night for Tavares was quickly overshadowed by an offensive explosion from the Leafs offence. The game wouldn't even have been close if not for the play of Roloson, who is enjoying a resurgent season at age 40.

He made several great saves — the most painful of which was No. 52, a hard shot from Mikhail Grabovski that hit him directly in the mask.

Bailey, a first-rounder in 2008, ended the game with the Islanders' only shot of overtime. He took a pass from Sean Bergenheim and slammed the puck into an open net to bring a stunning conclusion to the evening.

Phil Kessel, Wayne Primeau and Niklas Hagman scored for the Maple Leafs. THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

NATHAN DENETTE/THE CANADIAN PRESS

Toronto Maple Leafs defenceman Ian White and New York Islanders forward John Tavares battle for the puck last night. The Islanders won the game 4-3 in overtime.

Beeston puzzled by furor over Halladay comments

BASEBALL Blue Jays president Paul Beeston isn't backing down from recent statements about pitcher Roy Halladay's unwillingness to re-sign in Toronto, but he still can't figure out why his comments created such a splash in the media.

Last Friday, Beeston told the New York Post that Halladay, the winningest pitcher in franchise history and a free agent after 2010, was "not inclined" to sign a contract extension with the Jays.

The comment travelled quickly across the Internet, adding momentum to Halladay trade rumours that have swirled since July, when former general manager J.P. Ricciardi first made public the club's openness to trading their ace pitcher.

But Beeston insists that what he told the Post isn't new information, and that "nothing at all" has changed with Halladay, who went 17-10 for the Jays in 2009.

He points out that Halladay has insisted since July that while he enjoys playing in Toronto, his main priority for 2010 and beyond is to play for a contender.

Roy Halladay

Even if Beeston's comments about Halladay simply re-stated something the public already knew, their timing lent strength to the latest round of Halladay trade rumours to hit the Internet.

In addition to persistent reports that the Red Sox and Dodgers want to deal for the 2003 Cy Young winner, the Chicago Cubs' website reports the Cubs have also spoken to the Jays about acquiring Halladay.

TORSTAR NEWS SERVICE

Sports in brief

CFL There was a sea of green at Regina's city hall as hundreds of Saskatchewan Roughriders fans gave the team a loud sendoff to face the Montreal Alouettes in the Grey Cup game Sunday. The Saskatchewan players are expected to leave today for Calgary to prepare for the big game.

NFL Browns coach Eric Mangini is questioning whether the Detroit Lions faked injuries to slow down Cleveland's no-huddle offence. Mangini, who bemoaned the final, chaotic seconds of Cleveland's 38-37 loss Sunday, noted the Lions had several players leave the field injured, only to return.

NBA Tracy McGrady returned to practice with the Houston Rockets for the first time since microfracture surgery in February yesterday, but the seven-time all-star still doesn't know when he will play. McGrady said he can play now, but Rockets coach Rick Adelman has said he's not ready.

TRACK Germany's track and field association has restored a 1936 high jump record to Gretel Bergmann, who was stripped of the recognition and banned from that year's Berlin Olympic Games by the Nazis because she was Jewish. The association said in a statement that the gesture to restore Bergmann's 1.60-metre jump to the record books "can in no way make up" for the past but was "an act of justice and a symbolic gesture."

STADIUM A Michigan judge has cleared the way for a Canadian company to pay $583,000 US for the Pontiac Silverdome, built for $55.7 million in 1975 to house the NFL's Detroit Lions. The Lions abandoned the stadium in 2002.

METRO NEWS SERVICES

Habs, Wild swap young forwards

Benoit Pouliot is headed to the Montreal Canadiens after being traded from the Minnesota Wild for Guillaume Latendresse. THE CANADIAN PRESS

Defying the odds

Riders QB Durant welcomes underdog role

GREY CUP PREVIEW

Roughriders vs Alouettes

Darian Durant says everyone always told him he couldn't be a quarterback because — in Durant's own words — he's "a short guy, pretty stocky" and doesn't "have the strongest arm in the world."

Durant aims to prove everyone wrong by leading the Saskatchewan Roughriders to a Grey Cup victory Sunday.

"It'll be the best moment of my life," said Durant.

"I've been through so much in my life. I've been told all my life that I couldn't play quarterback so it'll be great to be able to accomplish something of that magnitude and to bring it back to the greatest fans in the land."

Durant helped the green and white get to the championship by throwing for 204 yards and three touchdowns during the CFL West Division final against the Calgary Stampeders. The Riders sent the Stampeders, the defending Grey Cup champs, packing with a final score of 27-17.

The win capped off a season that saw Durant pass for 4,348 yards. He also got the nod to the West Division all-star team.

"I'm in my first year as a starter and I'm fortunate enough to be able to play in the Grey Cup ... This is what I've worked all my life for," said the 27-year-old. THE CANADIAN PRESS

GEOFF HOWE/THE CANADIAN PRESS

Saskatchewan Roughriders quarterback Darian Durant celebrates Sunday after defeating the Calgary Stampeders to win the CFL Western final in Regina.

Centre Honda Your Downtown Honda Dealer

Bring home a HONDA

Save up to $3,500 on remaining 2009 select models†

Just in time for the holidays, announcing lowered prices on our most popular models.

"JUST ARRIVED" Come & see the all-new 2010 Honda Accord Crosstour

2010 Civic SEDAN
New MSRP‡ $15,990 For Civic DX Sedan
LEASE FROM / APR $148* @ 3.9%£
PER MONTH FOR 48 MONTHS WITH $2,400 DOWN ON APPROVED CREDIT
PRICE LOWERED BY $1,000†

2010 Civic COUPE
New MSRP $16,190 For Civic DX Coupe
LEASE FROM / APR $148* @ 3.9%£
PER MONTH FOR 48 MONTHS WITH $2,500 DOWN ON APPROVED CREDIT
PRICE LOWERED BY $1,000†

2010 Accord
New MSRP $24,790 For Accord LX Sedan
LEASE FROM /APR $248* @ 3.9%£
PER MONTH FOR 48 MONTHS WITH $3,998 DOWN ON APPROVED CREDIT
PRICE LOWERED BY $500† ON 4 cyl. ACCORDS
$1,000† ON V6 ACCORDS

2010 CR-V
New MSRP $26,290 For CR-V LX 2WD
LEASE FROM /APR $268* @ 3.9%£
PER MONTH FOR 48 MONTHS WITH $3,750 DOWN ON APPROVED CREDIT
PRICE LOWERED BY $1,500†

Add it all up. Honda makes your decision easy.
LOW COST OF OWNERSHIP • HIGH RESALE VALUE • AFFORDABLE • RELIABLE • FUEL EFFICIENT • ADVANCED SAFETY • FUN TO DRIVE!
No regrets, guaranteed.

Centre Honda
E-mail: sales@centrehonda.com • Website: www.centrehonda.com
354 RICHMOND ST. E. (East of Sherbourne) LOTS OF PARKING AVAILABLE (416) 364-1116
SERVING DOWNTOWN FOR OVER 35 YEARS • SALES • LEASING • SERVICE • PARTS • BODYSHOP

#Limited time lease offers based on new 2010 Honda models. Lease example based on 2010 Civic DX Sedan, model FA1E2AEX, available through Honda Financial Services on approved credit. £3.9% lease APR for 48 months. Monthly payment is $148.50 with $2,400 down payment or equivalent trade, first monthly payment and $0 security deposit due at lease inception. Total lease obligation is $10,766.64. Taxes, license, insurance, freight and PDI of $1,385 and registration are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. Retailer may lease for less. Retailer order / trade may be necessary. ‡MSRP for new 2010 Civic DX Sedan, model FA1E2AEX, is $15,990. Retailer may sell for less. †Based on current MSRP for 2009 select models and new 2010 Civic, Accord and CR-V models. Offer valid from November 3rd, 2009 through November 30th, 2009 at Centre Honda. Offers subject to change or cancellation without notice. *See Centre Honda for details.

SAVE ON OVERSEAS CALLING OVER THE HOLIDAYS

Comwave Will Beat the Rate you Currently Pay... GUARANTEED!

(Even if the rate you pay is lowerthan the rate listed on this ad!)

CUBA 85 ¢/min
GREECE 2.9 ¢/min
PAKISTAN 5.9 ¢/min
PHILIPPINES 11.9 ¢/min

Afghanistan..24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh....from 3.9 ¢	Lebanon ..... 9.9 ¢	Iraq....from..... 4.9 ¢
Barbados..... 9.9 ¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile..... 2.9 ¢	Nepal....from.....7.9 ¢	Italy..... .2.9 ¢
China..... 2.9 ¢	Oman..... 14.9 ¢	Russia....from..... 2.9 ¢
Ecuador.....12.9 ¢	Fiji..... 24.9 ¢	Saudi Arabia from 3.9 ¢
El Salvador. ..... 9.9 ¢	Ghana.....9.9 ¢	South Korea.. 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala.... 10.9 ¢	Trinidad..... 4.9 ¢
Kenya from .6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

LOW RATE TO INDIA 2.9 ¢/min

Make Long Distance calls to Anywhere in the World from your Cell Phone at Comwave's GUARANTEED Lowest Rates

- No need to cancel your service provider.
- $10 Free Long Distance for every friend you refer
- No Contracts

GUARANTEE
The Lowest Long Distance Rates For Life!
If you EVER find a lower rate, we GUARANTEE to beat it!
comwave

UNLIMITED Calling to Anywhere in CANADA $5 /month

comwave 1-866-410-3055
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 Cents per minute to India is based on a monthly plan of $10/month for 355 minutes. Unused minutes do not roll over to the following month. Rate Guarantee is based on competitors lowest advertised rate for like services. Plan is based on a 1 yr term where early cancellation fees apply. There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Overseas Mobile Phones may be billed at a higher rate.

Stress-busting tip

Get involved in intramural sports. Exercise is also a well-researched way to manage stress, and intramural sports bring together all different kinds of people on campus, from professors to students, staff, and administrators. SIMPSON.EDU

Continuing Education

Study tip

If you're taking more than one class at a time, study difficult subjects and those you don't find very interesting first, when your energy level is higher. Don't put those off until it's midnight and you can only think about sleep.

SIMPSON.EDU

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Sustainability the key

RAFAEL BRUSILOW
for Metro Canada

Sustainability and retooling the skills you already have to match market changes will continue to drive an upsurge in continuing education program enrolments, experts say.

Judith Plessis, executive director of continuing studies at the University of British Columbia, says the current market downturn has pushed holistic business practices and sustainability to the forefront of employers' minds.

"I think sustainability will drive a lot of business processes going forward. People realize that something's broken. If you're one of the people who are in charge, you've got to think through about sustainability and what fuelled this recession," she said.

Skills are more important than ever, but Plessis says technology has forced traditional skill sets to adapt and change in subtle ways. Whereas in the past a project manager might have done fine with "hard" skills learned exclusively in business school, today that same manager needs to have a profound knowledge of social networking, communications technologies and job descriptions well beyond their own.

"People realize that something's broken." Judith Plessis

"To be able to be rehired, it's not just about upgrading, it's retooling your skills as well. It's not so much about the hard skills but also a very creative way of seeing soft changes. You have to understand the whole view of what technology has changed in the world and how it impacts your job," she said.

Marilynn Booth, director at the University of Toronto School for Continuing Studies, says the popularity of continuing education courses has definitely surged throughout the country this year. Enrolments are up 15 per cent over last year in U of T's continuing studies programs alone, showing that people are committed to strengthening their careers in this recession.

"When the economy gives people cause for worry, people take their careers into their own hands to position themselves for a stronger career. What we're seeing is continued growth across the board, particularly in our business and career-oriented courses," Booth said.

While in good economic times employers often foot the bill for extra studies, Booth says the tough economy has meant many new students are being forced to foot the bill themselves.

Continuing education students are looking to retool their skills.

Booth says bio-technology, project management and credential-granting courses are seeking the highest increase in enrolments.

"Students are trying to find a pathway to employment and it's common sense that they're positioning themselves for greater things as they seek higher unemployment," Booth said.

E-learning programs on the rise across Canada, experts say

ROBYN YOUNG
for Metro Canada

Catering to adult learners with jobs, families and little time to spare, online courses in continuing education are growing rapidly across the country.

"They're growing at a much faster rate than our traditional in-class courses," said Colin Simpson, dean of the Centre for Continuous Learning at George Brown College. At the school, enrolment in online courses is up about 10 per cent, year after year, and the e-learning milieu is attracting a whole new demographic of students, Simpson said. They're seeing students from ages 18 to 88, many of whom would never have thought of going to college before.

Some of the most popular online courses at George Brown are those that provide technical training for people looking to upgrade their skills and become more competitive in the workplace.

At Vancouver Community College, the online courses with the biggest draw are those offering instructor training.

The Provincial Instructor Diploma Program is a basic instructor training course for college teachers, university teachers, corporate trainers and second language teachers.

And somewhat new to the course calendar but gaining in popularity is the Online Instruction certificate.

"It's a three-course certificate program and it's very intense," said Eva Murray, department head for the School of Instructor Education at Vancouver Community College.

Online learning creates a unique set of challenges, said Murray, including the need to build a sense of community among the students when there is no face-to-face contact.

The certificate teaches instructors how to use common e-learning software, design e-learning activities, supplement face-to-face courses and assess and evaluate e-learning.

Chris Appleton, e-learning specialist with the continuing education department at the University of Calgary, says the popularity of blended courses, where part of the course is on campus and part is online, is skyrocketing.

"A lot of people like to interact with classmates," he said.

But they also like the convenience of working from home, on their own schedule and not attending classes every week.

Overall, Appleton said, the university has experienced a 10 per cent growth in registration for online classes in the past year.

You are your best investment

Enrich your knowledge and experience with a Continuing Education course at George Brown College.

Spend your time and money wisely by taking advantage of just a few of George Brown's many benefits …

- ✓ impressive choice
- ✓ affordable excellence
- ✓ real convenience
- ✓ outstanding instruction

Pick up your copy of the Course Guide at Gateway Newstands in TTC and GO stations.

GEORGE BROWN COLLEGE

Register now for winter classes at coned.georgebrown.ca

School tip
Perform! Try out for choir or band, or audition for a part in a school production. Having a creative outlet is a great way to manage stress, and it's also a wonderful way to meet people. SIMPSON.EDU

Ryerson class focuses on knitwear

LEYLA EMORY
for Metro Canada

Don't expect to just walk away with a scarf from Ryerson's Knitwear Design course at The Chang School of Continuing Education.

"The students learn to analyze a range of market sectors, enabling them to relate and implement their learning of knitwear design work to suit the current fashion industry needs and demand appropriately," says instructor Asha Ruparelia. "They learn the professional techniques to present their designs to an audience and eventually develop an avant-garde design portfolio."

Having taught the course for the past nine years and worked in the industry for more than 30, Ruparelia caters each class to the background of her students. The class is open to learners of all levels but is capped at 20 students due to its hands-on nature.

Knitwear design students must create a storyboard, incorporating what they've learned.

That's not to say all the work is done with hands. "Today's world is so advanced and so electronic-based that a lot of times real samples are not even made," says Ruparelia. "It's all virtual. There's virtual fitting and virtual designing." So instead, students create a storyboard of their designs, incorporating what they've learned.

And that's a lot. The course goes from hand-knitting and stitch construction to the incorporation of million-dollar machines. "A designer in the olden days would have to have the concept, put it together and graph it, taking at least 10 days from concept to a garment. In today's world, you can get it in six minutes with a machine. So in the short duration of one course, students are exposed to the evolution of the knitting industry."

"In the short duration of one course, students are exposed to the evolution of the knitting industry." Asha Ruparelia

It's an evolution that Ryerson is always trying to keep up with. "We're always trying to introduce new courses as technology and interest changes," says Colleen Schindler-Lynch, co-ordinator of the certificate in fashion co-ordination and styling at The Chang School of Continuing Education.

Knitwear design fits those criteria. "We are a school that balances both business and practical applications, so given that ... knitwear is a huge proportion of fashion, it would be a logical (part of the curriculum)."

And it's an industry that's only growing. "Knitwear is timeless in fashion and it's emerging as a growth area in the new world order," says Ruparelia. "Traditionally, countries with cold climates like England, Ireland, Scotland, et cetera showcased the extent of knitwear fashion expertise, whereas today, due to the flourishing global trade, new and uncommon countries like Turkey, Brazil, Bangladesh, et cetera have taken to knitwear fashion manufacture and retail."

Centennial makeup courses a hit

EVA LAM
for Metro Canada

It started with browsing through makeup how-to videos on YouTube. For broadcasting graduate Jennifer Francis, the hobby soon turned into a second career opportunity.

"Once you watch one, you get addicted (and then) you want to pursue it," she says. "I thought it'd be super cool if I could do more than one role so if I wasn't doing television, like shooting and directing, I could go into the makeup artist role."

So Francis returned to her alma mater in January, enrolling in Centennial College's makeup techniques certificate program. Covering three 30-hour courses, the program is designed for anyone with an interest in cosmetics. "Different walks of life come through to take the courses," says lead instructor Jacquie Hutchinson, who has taught in the program for 12 years.

"I have some students who want to become makeup artists, or to do something on the side like weddings for friends ... Some want to work in theatre or in fashion shows or do film makeup."

The first course, makeup techniques, gives students a solid foundation to build on, says Hutchinson. In addition to basic makeup applications, students also learn about skin care. "The best-looking makeup can only look as good as it can be on incredible skin," she says.

"It's not a lecture class. It's very hands-on." Jacquie Hutchinson

Each class includes a demonstration by Hutchinson, who is also a national product trainer and makeup artist for Revlon. Students then perform their own applications using products from the school's makeup lab or from home. Practicing on classmates gives them the chance to work with different skin types and tones, says Hutchinson.

In makeup artistry I and II, students develop skills such as eyebrow shaping, highlighting, contouring and putting together makeup kits. They also learn how to create different looks for weddings, film, runway, photography and other special occasions.

Classes are small, so students get the individual attention they want, says Hutchinson.

"It's not a lecture class. It's very hands-on ... At the end of each class, we (examine) each look and we break it down and look at ways to improve it, and this is how we learn from each other as well."

Since completing the program in August, Francis has freelanced on various makeup jobs including actor headshots and glamour shoots. She sees her new skills as the perfect supplement to her day job doing corporate videos.

Broadcasting graduate Jennifer Francis returned to Centennial College to earn her certificate in makeup techniques.

"It just keeps you working and I really like this genre — television, film and all that," she says. "If I'm able to direct and able to do makeup at the same time, it's a bonus."

A future you can start now.
You could WIN a $2,500 Scholarship at cga-yourcareer.org.
CGA CERTIFIED GENERAL ACCOUNTANTS
We see more than numbers.

Study tip

Form a study group. Plan to meet before class, after class, or even on a different night to go over notes, assignments, and readings. Working together is not only a great way to learn — it's also a great way to gain support. SIMPSON.EDU

For the love of chocolate

EVA LAM
for Metro Canada

The professional chocolatier certificate at George Brown will give students the skills to work with chocolate and to create treats ranging from confections to visually stunning showpieces.

Starting in January, budding chocolate artisans can hone their craft — and indulge their sweet tooth — in a new continuing education program at George Brown College.

The professional chocolatier certificate will give students the skills to work with the tricky product and create treats ranging from confections to visually stunning showpieces.

The school's chair of continuing education credits a recent shift in Toronto's culinary landscape for the program's creation. "Chocolate in the last five years has been experiencing a complete renaissance," says Joe Baker.

"What happened for a really long time was that handmade products were replaced by pre-fab products from large product developers. That ended up translating to the customers or guests in restaurants and chocolate shops — it really didn't inspire them."

Now, he says, handmade products from entrees to baked goods are making their way back into kitchen and retail shops around the city. To that end, Baker predicts the program will attract two distinct types of students, "the urban foodie who just has a real passion for chocolate," as well as professional chefs and pastry chefs who recognize the need for chocolate skills in their kitchens.

Guiding them will be Chef Jennifer Lahkan-D'Souza, who developed the program and will teach its five courses. Besides being a full-time pastry chef, Lahkan-D'Souza has taught baking and pastry arts courses at George Brown for several years and attended international chocolate training programs.

"We'll have our projects of the day, which might be one or two things," she says. "Generally I will demonstrate them and review the formulas with the class, and then each team of students will perform them with me there to help out." At the end of the day, the chocolatiers-in-training get to take home their creations.

Students can expect to make a variety of treats in their state-of-the-art bake lab (one of four recently unveiled at George Brown). For example, the chocolate desserts course will tackle both traditional fares, such as cakes or tortes, as well as modern desserts, which will likely be plated and use contemporary techniques such as foams and powders, says Lakhan-D'Souza.

The compulsory courses range from 15 to 42 hours each. In addition, students must obtain "stage" experience — the culinary world's term for a short apprenticeship — to earn their certificate.

Whether students approach the courses as a hobby or professional advancement, Lakhan-D'Souza thinks the program will open minds when it comes to the possibilities of chocolate. "I hope that they'll just gain an appreciation for chocolate as a medium and learn to work with it and love it."

VINCE TALOTTA/TORSTAR NEWS SERVICE FILE PHOTO

Larry Horowitz, centre, clowns with his Humber College stand-up comedy students at Yuk Yuk's in Toronto in this 2001 file photo.

Make 'em laugh — with Humber's help

ROBYN YOUNG
for Metro Canada

When it comes to the art of comedy, experience is 90 per cent the teacher, says Larry Horowitz, stand-up comedy instructor at Humber College.

Horowitz says although you can't really "teach" comedy, you can coach, encourage, review and critique as well as pass on techniques and theory accumulated through your own experience.

"They must self-teach through spending time on stage," he said.

Humber's continuing education department offers three courses in comedy including Stand-up: Writing and Performance; Stand-up Comedy Master Class; and Using the Internet to Build a Career in Comedy.

Horowitz, a professional comedian who has been dubbed the dean of Canadian Comedy, has been imparting his comedic knowledge for more than 30 years and teaching at Humber for the past six.

He says that many of his students at Humber have gone on to do stand-up.

"Some as a hobby, some as a part-time job, and some only once, as a lark," he said.

A handful of his students — some of whom went on to take the entire diploma course at Humber, which he also teaches — are now practicing stand-up comics, making a living.

"You would not know their names, but you will, eventually," he said.

The goal of the stand-up course is to help aspiring comedians understand lateral thinking, timing, delivery and composition, Horowitz said.

Teaching, by its nature, means showing someone what to do — which defeats the process of creating something unique, he said.

"What needs to be done is to show them how unlimited what they can achieve really is, instead of trying to force them into a pre-existing mould," he said.

Stand-up: Writing and Performance teaches students how to find their own unique comedic voice and learn how to isolate their personal experiences for use as material.

The Master Class focuses on the advanced aspects of writing and performance, touring, voice-overs and animation, television and film production, as well as self-promotion.

It builds on the Stand-up class with strenuous writing and pitching exercises and the emphasis placed on students' finding a unique voice for their talent.

For more information on Humber's continuing education courses in comedy, visit humber.ca/continuingeducation.

What do you need to get the job you are looking for, in addition to your resume and cover letter?

The Prior Learning Assessment and Competency Evaluation and Documentation (PLACED) program offered by The G. Raymond Chang School of Continuing Education at Ryerson University offers an in-depth workshop that can help with:

- Accessing employment in your field
- Planning re-entry to employment in a field of specialization in Canada
- Learning how to identify ways to become successful in the Canadian workplace
- Discovering how to research job markets and job trends
- Determining how to get documents assessed
- Creating a job search action plan

Upon completion of this online workshop, you will receive a letter of attestation based on workshop participation and be eligible for registration in a two-hour, in-person workshop offered by the Workplace Communication in Canada (WCC) program at The Chang School.

For More Information
Contact Michelle Gordon, PLAR Advisor, PLACED
Phone: 416.979.5000, ext. 7947
Email: plar@ryerson.ca
Website: www.ryerson.ca/ce/placed

To get started, register in our online workshop, scheduled to start on January 9, 2010:
CVLA 900 Internationally Educated Professionals' (IEPs) Self-Assessment and Planning
Fee: $50

THE CHANG SCHOOL
RYERSON UNIVERSITY CONTINUING EDUCATION
Where Learning Leads

Prior Learning and Competency Evaluation and Documentation (PLACED) is funded by the Government of Ontario.

Occupation-Specific Language Training

FREE workplace communication courses for newcomers with training or experience in*

- Business
- Health Care
- Automotive
- Technology
- Construction

www.co-OSLT.org

*Candidates are permanent residents or protected persons who have intermediate-level English (CLB 6 to 8)

CENTENNIAL COLLEGE · GEORGE BROWN COLLEGE · HUMBER · Seneca · Sheridan

OSLT FLAP · This project is made possible through funding from: Citizenship and Immigration Canada · Citoyenneté et Immigration Canada · COLLEGES ONTARIO | COLLÈGES ONTARIO

UNIVERSITY OF TORONTO SCHOOL OF CONTINUING STUDIES

Learn more.

Linda Stojcevski

Instructor, Business
& Professional Studies

"Teaching at SCS has truly been a gratifying experience. There's nothing more inspiring than teaching such motivated individuals."

Linda Stojcevski is Director, Global Risk Management for Magna International Inc.

We offer hundreds of courses to enhance your skills and enrich your life. Call now for a free course calendar or to register, call **416.978.2400** or visit:

www.learn.utoronto.ca

UNIVERSITY OF TORONTO
SCHOOL OF CONTINUING STUDIES

Form a support group

If you're dealing with a specific issue in your life, such as balancing school with the demands of raising a family, consider asking others to meet informally once a week to share frustrations and methods of coping. SIMPSON.EDU

Balancing life, school a struggle

Getting friends, family and your employer involved in your education will help you to balance life, work and school, experts say.

LEYLA EMORY
for Metro Canada

Rosemarie Clarke is "exhausted." But it's worth it, says the full-time registered nurse, wife and mother, choir director, committee member and, since fall of 2008, continuing education student.

Balancing life and education is a struggle. The key is somewhere between the how and the why, says Shelagh Kennett, head coach at Career Coaches of Canada.

"If you understand the 'why' you can endure any 'how,'" she says, quoting motivational speaker Les Brown.

"When you make the decision to go for it, post a picture of your goal and place it in an obvious place like in the bathroom where you brush your teeth or hang it on the rearview mirror of your car. You are the only person that can keep yourself motivated and positive."

"Success in continuing education is realizing that it's a team effort."
Gervan Fearon, dean of The Chang School of Continuing Education at Ryerson

But getting friends and family involved is also crucial.

"Success in continuing education is realizing that it's a team effort," says Gervan Fearon, dean of The Chang School of Continuing Education at Ryerson.

"Ensure your family, friends and employer understand what your educational goals and aspirations are," Fearon says. "It becomes a shared partnership where the family understands that there may be certain times you may not be available."

By her second semester, Clarke realized she had to scale down on some of her other commitments.

"Whatever it's going to affect, be it extracurricular activities, or your home or job, tell the people ahead of time and let them know you're not giving up on them but you have this commitment and you need to plan around it," she says.

On nights when she's in class or working on assignments, Clarke's family knows they need to fend for themselves.

"If I had an essay due, I would come home and I would let everybody know: You guys are either going to have to cook for yourself or cook for me. I'll help you out when I can but you've got to give me my space."

The sacrifices come with benefits.

"Education has so many parts to it," says Fearon. "Not only is it great in building career development and profession, it also provides life experiences and engagement with a group of people that can become lifelong friends."

For Clarke, the how of getting her nursing degree with continuing education is worth the why.

"The biggest sacrifice is time for myself," she says. "Getting adequate sleep and stuff like that. But I tell myself I'm going to school for me, so it's also my reward."

Road to success

Below are some tips from Shelagh Kennett, head coach at Career Coaches of Canada, on how to balance life and continuing education:

- **Print a monthly paper calendar each month**, use a colour marker, and put a letter for the most important component of the week you might forget and want to make a priority. Put the calendar right on the wall beside where you brush your teeth. It has to be in your face every day.
- **Have a "sticky board."** Make the top row the "to do" list for today or "as soon as possible." Use small stickies and reuse if there is room to write again. This way, you have a way to literally plan, chart, write, see, and remove when done, all of the things you have identified as priorities.
- **Have a planning session** with yourself once a week. This "pencilled-in" time to organize and prioritize also gives you a feeling of control and order that seems easier to manage and lets you see the progress as the stickies come off.
- **Be realistic** with what there is time for and keep track of how "balanced" your time is each week so you can continue to re-vamp and improve your balance and your life.

Increase your net worth at McMaster

An MBA from McMaster's DeGroote School of Business yields impressive returns. Over the past three years graduates have enjoyed a 97% increase in their income. And last year 90% were employed within three months of graduation.

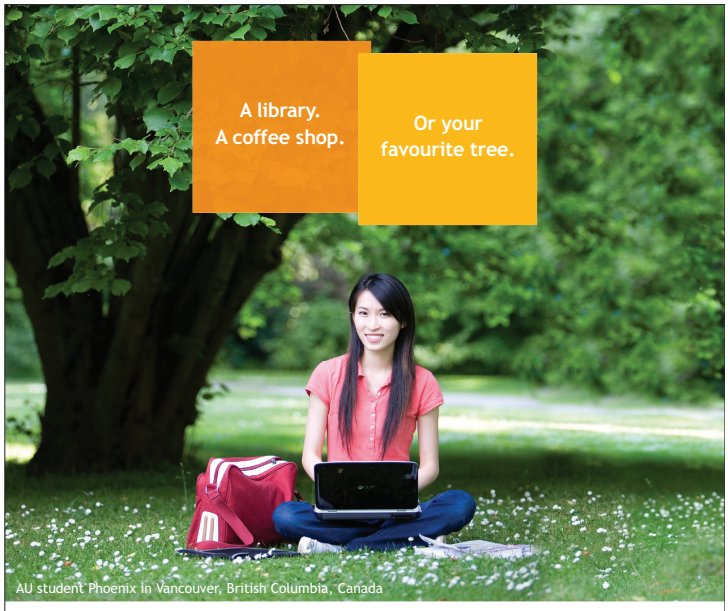
You don't have to drop out of the race to realize these returns. As Canada's premiere Co-op MBA school you can earn while you learn. The DeGroote Co-op MBA integrates four academic terms with three four-month paid work terms with leading corporate partners.

In 2010, the DeGroote School of Business launches the new Ron Joyce Centre, a state-of-the-art campus in Burlington, Ontario. Be among the first to complete your MBA in this brand new centre, while increasing your net worth at McMaster.

LEARN MORE AT www.mcmastermba.ca

DeGroote
SCHOOL OF BUSINESS

McMaster
University



AU student Phoenix in Vancouver, British Columbia, Canada

Athabasca University students can study where they please.

▪ At Athabasca University, our flexible course schedules give you all kinds of options for study locations. ▪ And that's great news for AU student Phoenix, who leads a very busy life. Not only is she pursuing her AU Master of Nursing degree, but she's working part-time as well. By studying at various locations throughout the week, she's able to maximize her study time, and still have time to enjoy the company of family and friends. ▪ AU offers over 90 undergraduate and graduate degree, diploma and certificate programs to select from. And over 80 per cent of our students work while studying for their degrees. ▪ Flexible course schedules. Another reason why AU stands out as a global leader in distance learning excellence.

standout www.athabascau.ca/standout 1-800-788-9041 | Athabasca University

Seneca turns to hospitality

One of the hospitality courses at Seneca teaches students how to supervise sanitation and food safety.

ERIC EMIN WOOD
for Metro Canada

This January, Seneca College will offer continuing education students two subjects from its full-time hospitality management program: HTM100, introduction to hospitality and the tourism industry, and HTM130, food services safety and sanitation.

"Hospitality and the tourism industry is an intro subject," says Barbara Pimenoff, Seneca's continuing education co-ordinator. "It's an overview of the entire hospitality industry in Canada and how it relates to tourism."

Food services safety and sanitation teaches students how to supervise sanitation and food safety. "So they talk about food-borne diseases, ways of preventing them, food storage, transportation and control," Pimenoff says.

For anyone considering a career in hospitality, "taking the intro course is going to give them a really good idea of whether it's an industry they want to work in," Pimenoff says.

Angela Zigras, chair of Seneca's school of tourism and marketing and e-business, says food service safety and sanitation is important for people who want to work with food in any capacity, "whether it's restaurants, hotels, catering or banquet management," she says "A lot of people in those fields don't have CPR and first-aid training, or the Ontario government's food handler certification, which they would get in this course."

Seneca began offering its full-time hospitality management program in September. "The response was much greater than expected," says Pimenoff, "so we decided to offer two of the subjects through part-time studies."

Neither subject is currently part of any accompanying part-time certificate, though full-time hospitality management students can enrol and have the courses count toward their diploma. "So if there are students, say, that want to work ahead or perhaps were not successful when taking the subject in their regular program and need to repeat it, us offering it through continuing education gives them an opportunity to complete it at night," says Pimenoff.

Pimenoff believes there is plenty for non-hospitality management students to get out of the courses. "I think that any student looking to work in food services of any kind ... will find these are transferable skills," she says.

For more information, visit senecac.on.ca/ce.

The Future of Learning

BECOME THE NEW YOU.

Begin your transformation this winter. Our new accelerated programs in Addiction Studies, Bookkeeping and Food Service Worker, distance learning options, and evening and weekend courses will help you advance in your career, start a new career path or even learn a fun new hobby. And we have something for everybody:

- Accounting
- Business Management Studies
- Child Studies
- Health
- Engineering Technology and Applied Science
- English as a Second Language
- Food Service Worker
- General Education
- Mathematics
- Languages
- Media and Design
- Motorcycle Rider Training and Maintenance
- Teaching English as a Second Language
- Teacher/Trainer of Adults
- Transportation

ENROL NOW!! Register in a Continuing Education course during November and you could win an iPod Nano! Visit centennialcollege.ca/parttime for details.

For more information, visit us online at
centennialcollege.ca/parttime.

CENTENNIAL COLLEGE

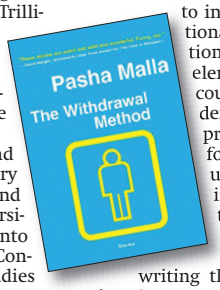
Author to teach at U of T

RAFAEL BRUSILOW
for Metro Canada

"I've always loved teaching though I don't really think of myself as a teacher."
Author Pasha Malla

Celebrated author Pasha Malla believes that with all good writing, the person most surprised by it should be the author.

Malla, 31, is a winner of the Ontario government's prestigious Trillium Book Award for his collection of stories titled The Withdrawal Method and this January will be on hand at the University of Toronto School of Continuing Studies to teach a short story writing course titled Writing Short Fiction: Introduction. Despite getting to sit behind the instructor's desk, Malla prefers to think of himself as a guide rather than a lecturer.



"I've always loved teaching though I don't really think of myself as a teacher — I feel like more of a facilitator. I'd like to tailor the class towards what interests students rather than what interests me," Malla said.

While Malla plans to include both traditional and non-traditional short fiction elements in the course to help students gain an appreciation for the form, he says the ultimate goal is to inspire students to stretch themselves to reach places in their writing they might never have strayed to before.

"Ideally I'd like people to surprise themselves. That's the most exciting thing for me about writing, when you surprise yourself with your own creativity. I'd like people to come out hungry to do more writing," Malla said.

Getting writers out of their comfort zone starts with getting them comfortable in their own writing, Malla says.

"Getting people over any doubt about their own creativity is the first step. The craft of writing comes through practice and you can't practice if you're not writing. I try to encourage the atmosphere where anything is welcome," he said.

With the prevalence of entertainment on the Internet and television, Malla says the need for great stories has never been healthier.

"Technology is more conducive to getting a story disseminated because there's amazing accessibility right now. I think short fiction is so open-ended and people are continuing to push what a short story can be," Malla said.

Writing Short Fiction: Introduction runs at U of T's St. George Campus in 10 sessions from Jan. 23-Apr. 10. For more information, visit learn.utoronto.ca.

HUMBER
more for you at Humber
Are you looking for a career change?
Do you want advancement at work?
Are you looking for personal growth?
Continuing Education at Humber:
· More than 1,400 courses
· More than 330 online courses
· More than 200 part-time certificates
· Online, evening and weekend courses
Register Now!

Polytechnic
humber.ca/continuingeducation 416.675.5005

SENECA CHANGES YOU.
Seneca
REDISCOVER LEARNING.
ACHIEVE YOUR DREAM.

REGISTER TODAY.
View the Winter 2010 Part-Time Studies Calendar and register online at www.senecac.on.ca/ce or call 416.493.4144.

CHRISTMAS SPECIALS !!!

Nikon

SAVE $120

D300s

- Flagship DX-Format DSLR
- 12.3 Megapixel CMOS Sensor
- HD Movie Mode at 720p
- External Stereo Microphone

BONUS: with purchase of a D300s Body Sandisk Extreme III 8GB SDHC Memory Card ($94.99 Value)

$1729.99
Reg. $1849.99

D90

- 12.3 Megapixel CMOS Sensor
- HD Movie Mode at 720p
- 4.5 fps Continuous Shooting

$1199.99
w/ AFS DX 18-105mm VR

SAVE $140

SAVE $90

AFS DX 18-200mm f3.5-5.6G ED VR II

NEW VERSION II

- VR II Image Stabilization
- Nikon Super Integrated Coating

$859.99
Reg. $949.99

SB-900 SpeedLight

- Multi-Step Auto Zoom covers from 17-200mm zoom range
- NEW AF-Assist illumination
- Improved GUI interface
- Improved Switch Panel

SAVE $80

$519.99
Reg. $599.99

COOLPIX L100

SAVE $15

- 10 Megapixel Resolution
- 15x Optical Zoom Lens
- 28mm Wide Angle Lens
- Image Sensor Shift VR
- 3" LCD Screen
- Powered by AA Batteries

$234.99
Reg. $249.99

COOLPIX P90

SAVE $40

- 12.1 Megapixel Resolution
- 24x Optical Zoom Lens
- 26mm Wide Angle Lens
- 3" Vari-Angle TFT LCD Screen

$359.99
Reg. $399.99

ADEN

www.adencamera.com - info@adencamera.com

Your Professional Camera Dealer Since 1979

VISA MasterCard AMERICAN EXPRESS SEARS CLUB CARD

We accept Visa, Mastercard, Amex and Sears Club Credit Cards!!

Pricing Valid till November 30, 2009. While Supplies Last. Available Stock Only. Quantities Are Limited.
Aden is a Division of Grand Camera Ltd. Prices & Offers are subjected to change without Notice. Errors and Omissions excepted.

SAVE $35

COOLPIX S70

- 12.1 Megapixel Resolution
- 5x Optical Zoom
- 28mm Wide Angle Lens
- HD Movie Recording at 720p
- Advanced 3.5" Touch Screen Controls
- Available Colors: Black, Red

$334.99
Reg. $369.99

COOLPIX S640

- 12.2 Megapixel Resolution
- 5x Optical Zoom
- 28mm Wide Angle Lens
- Available Colors: Pink, Blue, Black

$244.99
Reg. $279.99

SAVE $35

WARRANTY 2 YEAR Nikon CANADA INC
Selected Digital SLR's See In Store for Details

WARRANTY 5 YEAR Nikon CANADA INC
On All Nikkor Lenses See In Store for Details

WARRANTY 2 YEAR Nikon CANADA INC
All Coolpix Digital Cameras See In Store for Details

Nikon PRO DEALER

BONUS OFFER*

COOLPIX S570

- 12.2 Megapixel Resolution
- 5x Optical Zoom
- 28mm Wide Angle Lens
- Available Colors: Pink, Blue, Black

$199.99
Reg. $199.99

SAVE $10

COOLPIX L20

- 10 Megapixel Resolution
- 3x Optical Zoom
- 3" Touch LCD Screen
- Available Colors: Black, Purple, Red

$119.99
Reg. $129.99

BONUS OFFER*

COOLPIX S220

- 10 Megapixel Resolution
- 3x Optical Zoom
- 2.7" LCD Screen
- Available Colors: Purple, Green, Cobalt Blue, Magenta

$149.99
Reg. $149.99

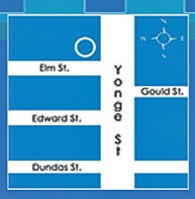
BONUS OFFER*

COOLPIX S230

- 10 Megapixel Resolution
- 3x Optical Zoom
- 3" Touch LCD Screen
- Available Colors: Black, Purple, Red

$179.99
Reg. $179.99

BONUS
with purchase
of either a Coolpix S230,
Coolpix S570 or Coolpix S220
- 2GB SD Card
- Lowepro Carrying Case
- 30shts 4x6 Prem. InkJet paper



348 Yonge St.
Toronto, ON
Tel: 416-598-1964
Tel: 416-977-3157
OPEN SUNDAYS.

364 Yonge St.
Toronto, ON
Tel: 416-977-9711
Tel: 416-977-9788

4300 Steeles Ave E.
Pacific Mall, #B-31
Markham, ON
Tel: 905-513-9277
OPEN SUNDAYS.

Educational seal of approval
The B.C. government announced a new Education Quality Assurance designation that will give PSE students better tools to make informed decisions about where they study, and promote the province as an education destination of choice. METRO NEWS SERVICES

Workology

Education abroad

Ontario has announced a $3.5-million investment in international scholarships to support post-secondary students as they complete their studies abroad. Universities and colleges may award $2,500 scholarships to students participating in study-abroad programs that are longer than eight weeks. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A midsummer night's 'tween

Theatre production recasts Shakespeare's famous play through new eyes

JON TATTRIE
for Metro Canada

The Changeling Child becomes the central character in the the lastest version of William Shakespeare's Midsummer Night's Dream.

William Shakespeare doesn't usually deal with confused 'tweens trying to exit their childhood in the midst of a parental break up, but a Douglas College take on A Midsummer Night's Dream twists the old tale to do just that.

Paul Moniz de Sá, who is directing the play for the B.C. college's Theatre and Stagecraft departments, racked his brain for a way to update Shakespeare without losing the beauty that's made it last for 400 years.

"The biggest thing for me is that I'm dealing with students, some of whom have never touched Shakespeare before," he says. "We wanted to stay away from having our actors portray somebody that's much older than them."

To get that "youthful" angle, he turned to the Changeling Child. Even fans of Midsummer may scratch their heads, but the Changeling Child is the reason fairy rulers Oberon and Titania are fighting. He wants it, she doesn't want to give it up, and the ensuing squabble ensnares all of the players in the play.

"The Changeling Child is often not even shown," Moniz de Sá says, "but it plays a very important role. I thought I would bring that character up a bit and give an actor a bit of a challenge."

Chief among those challenges? The Changeling Child doesn't have a single line. Moniz de Sá's solution was to make the midsummer dream the child's dream.

"I started to equate that with what a lot of young people are dealing with these days, with parents fighting, divorce. I wanted her or him to represent the 'tweens who are not teens and not young children, looking back on their playground days, and looking ahead and dealing too quickly with relationships and sex," he explains.

The Changeling Child actor also plays a fairy and Snug the Joiner, an actor within the play who performs with a theatre troupe to entertain the Duke at the centrepiece wedding.

"Through that character just being those characters, the Changeling Child has to all of a sudden become that character and switch between them," he says.

This confuses the child at first, as she slowly works out her dream, but allows the entire production to be filtered through the mind of a tween.

Tickets

- A Midsummer Night's Dream will play at the Douglas College Laura C. Muir Performing Arts Theatre, New Westminster Campus, 700 Royal Avenue, until Nov. 21.
- Call 604-527-5723 for more information on the show and you can get tickets via 604-521-5050.

UBC business school grabs top ranking

EDUCATION The University of British Columbia's Sauder School of Business placed first among Canadian business schools in terms of the number of articles published in the most influential management research journals, according to a ranking by the University of Texas at Dallas' School of Management.

Sauder placed 28th among the top 100 North American schools, and 31st among the top 100 international schools.

Other Canadian business schools on the top 100 North American list include uToronto's Rotman (31), UWO's Ivey (42), McGill's Desautels (56), York's Schulich (58), uAlberta (60), uCalgary's Haskayne (69), SFU (75), HEC Montréal (79), and Queen's (80).

All of the schools mentioned above are listed among the Top 100 international schools.

METRO NEWS SERVICES

News in brief

WEBSITE Mount Saint Vincent University launched a redesigned website. The homepage provides information for new and prospective students and includes news headlines, event listings, as well as links to their Facebook page, Twitter account, YouTube channel, and Flickr gallery. METRO NEWS SERVICES

Seneca | CENTRE FOR FINANCIAL SERVICES
START AN INSURANCE CAREER IN JUST 14 WEEKS.
Apply Now to Our Career-Focused Program in Property & Casualty Insurance.

- Get your Property & Casualty Insurance License upon completion.
- Start this January and be ready to work in April.
- Be in-demand - insurance companies have jobs waiting in field offices.
- Guaranteed interview with an insurance company.
- Paid co-op work term will offset part of your tuition.

CONTACT US NOW FOR A JANUARY START.
Lori Pinder
416.491.5050 x2015
lori.pinder@senecac.on.ca
www.senecac.on.ca/school/cfs/pci
SENECA CHANGES YOU.

MEDICAL OFFICE ASSISSTANT
EVENING CLASSES AVAILABLE
BE ON THE JOB IN MONTHS
ASK ABOUT
• CONVENIENT SCHEDULES
• JOB PLACEMENT ASSISTANCE
• FINANCIAL ASSISTANCE (for those who qualify)
Medix School
www.medixschool.ca
REAL PEOPLE REAL TRAINING REAL JOBS
North York: 416.630.8021 • Scarborough: 416.701.1201
Brampton: 905.487.1163

A better you in 2010

Upgrading skills, new hobbies may bring fulfilment

Top New Year's resolutions typically include losing weight, quitting smoking or finding a new job. But Canadians are revamping their self-improvement goals for 2010, according to a new survey by American Express.

Seventy-two per cent of Canadians believe they are not living their lives to their fullest potential.

Learning new skills or travelling to experience new cultures are all edging their way up the priority list of what people hope to achieve in the future. Here is a list of tips for bringing greater enrichment to your life:

Learning new skills or harnessing online tools to your advantage are some of the ways people can bring enrichment to their lives.

- Start a hobby. Knitting, sewing, cooking, gardening and beekeeping are all experiencing a revival.
- Enrol in a vocational class. Dance, language, art, hairdressing, sewing and cooking are key areas of interest.
- Use the downturn to upskill. Invest in your knowledge to make yourself more valuable.
- Go freelance. Work flexible hours or start your own part-time business and make your schedule work for you.
- Harness online tools such as YouTube to teach others your hobby. Many of today's successful businesses are starting this way.
- Invest in virtual personal assistants, concierge services and business hubs as a way of winning back time otherwise spent paying bills or doing other administrative tasks.
- More information on bringing greater enrichment to your life is available at americanexpress.ca/potential.

NEWS CANADA

www.wlu.ca/mba

MBA/CMA INFORMATION SESSION
Thursday, Nov. 26, 2009 | 5:30 p.m.
Laurier Toronto MBA Campus
St. Andrew's Club & Conference Centre
Sun Life Financial Tower | 150 King St. W., 27th floor

MBA INFORMATION SESSION
Saturday, Nov. 28, 2009 | 11 a.m.
Delta Toronto East
2035 Kennedy Rd. | Scarborough | Unionville Room

LAURIER Business & Economics

The Best Business Schools in the World

CMA Certified Management Accountants

CONTACT US TO REGISTER FOR A FREE LAURIER GMAT INFO SESSION
Tuesday, December 8 @ noon For more information, contact: mferraro@wlu.ca | 519.884.0710 ext. 6220

Seneca

CAREERS IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Programs include:

- Flight (Degree)
- Chemical Engineering Technology
- Mechanical Engineering Technician (Tool Design)
- Environmental Site Remediation
- Project Management: Environmental
- Chemical Laboratory Technology - Pharmaceutical
- Civil Engineering Technology
- Control Systems Technology (Degree)
- Computer Engineering Technology
- Fire Protection Engineering Technology

TRANSFORM YOUR LIFE.

APPLY NOW.
Classes start January, May and September 2010.
www.senecacollege.ca

SENECA CHANGES YOU.

Memorial University names new president

Memorial University's board of regents announced yesterday the appointment of Dr. Gary Kachanoski as the university's next president and vice-chancellor. Kachanoski is currently a professor at the University of Alberta, where he served as the vice-president of research from 2001 to 2007. METRO NEWS SERVICES

Workology in brief

EDUCATION Alberta's education minister says about half the post-secondary schools in the province have approached him about tuition increases, and he is open to re-considering Alberta's current cap. METRO NEWS SERVICES

IF YOU LIKE GETTING BAD NEWS FIRST, WE'VE GOT GOOD NEWS FOR YOU.
m.metronews.ca

Are you in the dark about your future?
Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
Call Now! 1-866-475-3194
Visit us online at www.MoveAhead.ca
Brampton • Mississauga • North York
Scarborough • Toronto Central
Toronto College Park
Career services assistance available. Financial assistance may be available for those who qualify.

HEALTH, WEALTH + FREEDOM
Build Health + Wealth Forum
Featuring a Successful Entrepreneur Keynote Speaker
Happiness is a big part of your health too! Are there areas of your life that you would like to improve? Find out how you can completely change your life with Health, Wealth and Freedom.
DECEMBER 1ST AT 6PM
RSVP to healthywealthy.isa@gmail.com
LIMITED SPACES
CHANGE YOUR LIFE

Be Job Ready in months, not years!
Earn your professional Diploma!
Evergreen College
Second Career, EI, SA & ODSP recipients are welcome
Morning, evening & weekend classes
Pharmacy Assistant (Toronto Campus)
Community Service Worker
Medical Office Admin
Early Childcare Assistant
Personal Support Worker
Computer System & Network Specialist A+, MCSE, CCNA
Computerized Accounting & Payroll
Ask us about Bonus Certifications
Field Placement & Job Assistance included
Call Now!
www.evergreencollege.ca
Toronto Downtown Campus 416.365.0505 67 Yonge Street 4th Floor (King & Yonge)
Mississauga Campus 905.566.0507 Unit 201, 1140 Burnhamthorpe Rd. W.

FOR PRINT AND WEB.
At the Academy, you will quickly build a solid foundation of skills, from the design of print material to the development of web pages.
Academy of Design
AT RCC INSTITUTE OF TECHNOLOGY
Call today 416 929-0121 or visit www.aodt.ca for details.
Fashion Design. Fashion Marketing & Merchandising. Interior Design. Video Game Design & Development. Graphic Design for Print & Web.

Mental health minded

Credit union going the extra mile to help employees succeed

BRIAN COULTON
for Metro Canada

When companies boast commitment to their employees, that dedication commonly takes shape in benefits packages, retirement plans and insurance. But organizations are often missing a key consideration when it comes to workers: mental health.

In a 2008 survey of more than 450 Canadian companies conducted by global human resources consultant Mercer, nearly 80 per cent of participants said employee mental health issues have increased in importance over the last three to five years. But just 13 per cent said their senior leadership is even mindful of how mental health impacts their organization. With such little top-down awareness of the importance of mental health, it would appear New Westminster, B.C.,-based financial institution Westminster Savings Credit Union is an outlier. This year, the credit union won its second consecutive Psychologically Healthy Workplace Award, a bi-annual honour bestowed by the B.C. Psychologically Healthy Workplace Collaborative.

"Some might think winning an award means you can rest on your laurels, but we don't have that opinion," said Darlene Dean, people services vice president for WSCU. "We continue to focus and move forward and make things better as we go."

Its commitment to progress was accentuated during the recent economic downturn. Not only did the WSCU introduce a flexible benefits program and guaranteed no layoffs (which Dean reasoned with the regular availability of side projects on which to use talent), but it created resiliency workshops for employees to deal with the public.

"They're working with members who have lost their jobs or have family members or close friends that have been affected by the economy," said WSCU people engagement manager Joanna Whalley, "We really felt it was important to help our employees by giving them a venue to discuss the changes and provide them with tools to help them move forward."

The credit union defines its focus by a "healthy workplace strategy" it enacted three years ago, which Dean said is rooted in communication, recognition and employment branding. To measure progress, it uses regular employee surveys on issues big and small, a seemingly common company effort Whalley said is often just lip service for other organizations.

"We involve employees at all levels in the action planning process so they get to help their managers and work on things that are specifically of interest to them," she said.

For instance, one employee put forth a suggestion in the WSCU's Bright Ideas program to eliminate water coolers to save costs. Put to a survey, Whalley said employees overwhelmingly turned down the idea due to water's health benefits over coffee. "There's an example of involving employees in a real quick fix to get their input into something before just making a decision based on dollars."

Beyond surveys, the credit union relies on several employee-led committees to make decisions, including its Live Well Now internal wellness program, which manages an annual budget to promote employee awareness of health, wellness and work-life balance.

In addition to offering benefit packages, retirement plans and insurance, the Westminster Savings Credit Union offers mental health programs for its employees.

"We really felt it was important to help our employees by giving them a venue to discuss the changes and provide them with tools to help them move forward"
WSCU people engagement manager, Joanna Whalley

HERZING COLLEGE
Earn a diploma in one year or less and start your career in:
Legal Assistant
Law Clerk
or Police Foundations
Classes Forming NOW!
1-888-NEW-CAREER
1-888-(639-2273)
www.herzing.edu Toronto Eaton Centre Campus

Serve and Protect Your Community
Police Foundations
Crime doesn't stop during a recession, and police officers and security specialists continue to be in demand. There are threats from organized crime, gangs, terrorism, fraud and shortages of Police personnel, with many now serving, reaching retirement age. Police services are recruiting for diversity as they want the face of the next generation of police to be as diverse as Canada.
To meet this need, Herzing College is offering a one year 'Police Foundations' diploma program, which includes the Canadian Firearms Safety Courses and an internship of practical work placement.
Career opportunities that may be available include: Ontario Police Services, RCMP, Canadian Armed Forces, By-law Enforcement, Private Police, Campus Police, Private Security Agencies, Airport Security, TTC Constables, Border Security, Correctional Services and Security for special events, concerts, sporting events, industrial & commercial, residential, retail, casinos etc.,
For an exciting career in any of these fields call:
1-888-639-2273

Mind tech manners

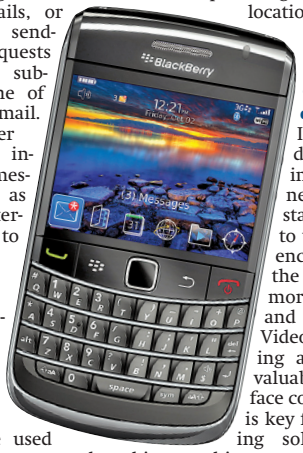
Gadget etiquette important at workplace

Our parents taught us about polite behaviour, but their influence is often lost once we get to the workplace. For many, tech gadgets are the source of bad manners at the office, but they don't have to be. Here are five ways to avoid common technology blunders so that manners aren't forgotten the minute a cellphone rings:

1. Be discrete in meetings:
We've all been there. You're in a meeting and your phone flashes with a voicemail. Instinct tells you it's an urgent request, but you're unable to leave the room without appearing rude. With tools like visual voicemail, employees can discreetly read messages in a text-based format on their phone, avoiding the need to leave the meeting.

2. Inform colleagues of your whereabouts:
Tools like instant messenger are useful to notify colleagues of your location, such as the car, the office, at home or off-site. This way, others can see if you're able to be reached in real-time, instead of guessing your availability.

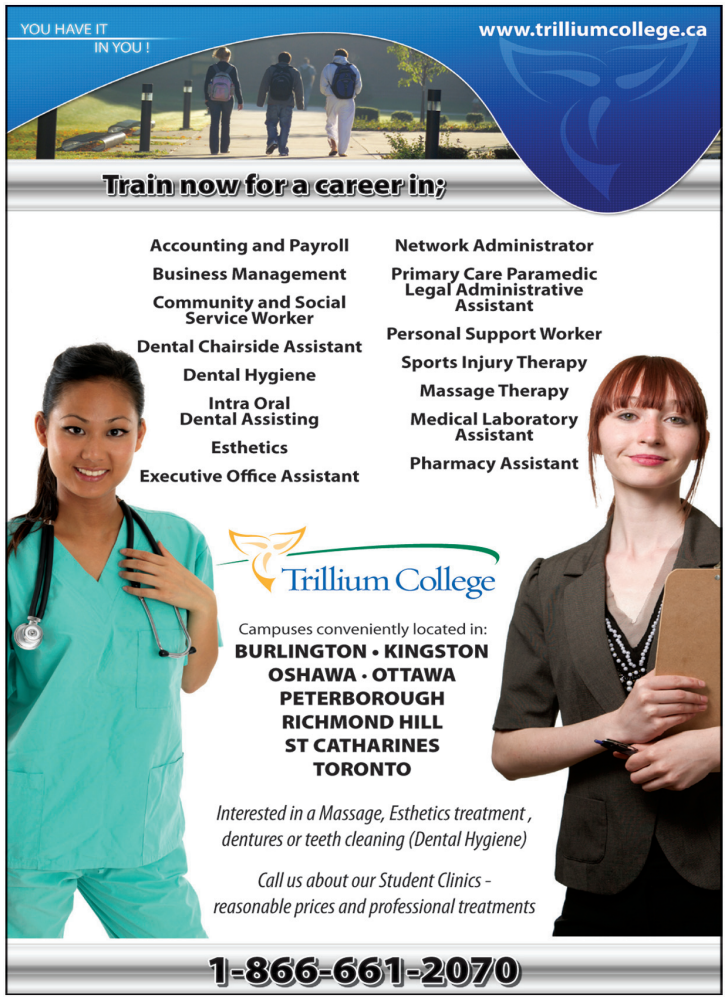
3. Avoid clogging up your co-worker's inbox:
Many workers are guilty of sending one-liner emails, or worse, sending requests in the subject line of an e-mail. Consider using instant messaging as an alternative to avoid taxing valuable e-mail storage space, which can be used for important or lengthier communication.



4. Don't leave messages unreturned:
Not returning messages in a timely manner can make you seem unresponsive to the sender. Ensure all technology tools, such as e-mail and voicemail are accessible on a mobile device so you can answer urgent requests regardless of your location.

5. Make an effort for face-to-face contact:
Instead of audio conferencing with business contacts, staff should opt to video conference to make the meeting more dynamic and interactive. Video conferencing also provides valuable face-to-face contact, which is key for maintaining solid relationships.

NEWS CANADA



Seneca

CAREERS IN BUSINESS

Programs include:

- Financial Services Management (Degree)
- Municipal and Corporate Administration (Degree)
- Accounting
- Marketing Management
- Fashion Business
- Human Resources Strategy and Technology (Degree)
- General Business
- International Business
- International Transportation and Customs
- Paralegal
- Library and Information Technician
- Tourism and Travel

TRANSFORM YOUR LIFE.

APPLY NOW.
Classes start January, May and September 2010.
www.senecacollege.ca

SENECA CHANGES YOU.

Lethbridge College announces new name
Lethbridge College announced yesterday the development of the Crooks School of Transportation, naming the school after community leaders Art and Mary Jane Crooks, who made a substantial gift towards the revisioning and retooling of the college. METRO NEWS SERVICES

Government jobs rank high

Survey of students show they put work-life balance above salary

RAFAEL BRUSILOW
for Metro Canada

Canadian university students rank government agencies at the top of their list of organizations they want to work for when they graduate, a new survey shows.

More than 16,000 current students from colleges and universities across Canada participated in the survey, titled the From Learning to Work Report and released by DECODE and Brainstorm Consulting.

Three government agencies graced the top three rankings of places students would like to work, with the Government of Canada taking the top spot, followed by the Provincial Government of Canada and Health Canada.

Eric Meerkamper, a partner at DECODE, says the results show that the younger generation think very strategically when it comes to their careers and want to work jobs at organizations that will value them and provide stability.

"Students are frankly a lot more rational and focussed than maybe 15 years ago. They understand that if you don't take care of your career, then you're probably not going to have many options," Meerkamper said.

The large number of government and non-profit agencies that made the list reveals that the younger generation wants to lead careers that provide a meaningful work experience.

"There's an interest in doing work that has a certain amount of meaning and this demographic is looking for stability. They're looking for a career that will provide them with fulfilling and exciting work," Meerkamper said.

> **"There's an interest in doing work that has a certain amount of meaning"**
> Eric Meerkamper, partner at DECODE

The survey also showed students are more interested in companies that offer important intangible benefits rather than simply higher wages.

Students in the survey listed interesting work as their number one consideration when choosing an employer, followed by work-life balance, good people to work with, job security and good training opportunities respectively in the top five.

A high initial salary was sixth on the list of factors students consider for a potential employer, suggesting students have a sophisticated career outlook that takes into consideration their personal, emotional and financial goals.

In essence, Canadian students want the big picture of what work-life balance entails.

"Work-life balance is about flexibility and control — it's not just about absolute hours," Meerkamper said.

While 62 per cent of students surveyed were "worried" about their job prospects in the current economy, 76 per cent believe employers will see them as good candidates for employment, something Meerkamper believes shows that students have confidence in their abilities and an interest in finding good jobs and maintaining them.

In the top 10

- Non profit agencies like the Hospital for Sick Children (6th) and the Canadian Cancer Society (9th) rounded out the top 10 with Google (4th), Apple (5th) and Microsoft (8th) being the only for-profit companies to make the list.

A new study by DECODE consulting found that students rank working for a government organization at the top of their list of places they'd like to work when they graduate.

Global Reach. Innovative Programs. Diverse Perspectives.

Schulich School of Business York University

Schulich MBA/IMBA

"I chose the Schulich MBA for its relevance to today's changing business environment. During a six-month group strategic consulting project, I shared my Latin American insights and gained valuable North American experience."

Marta Cano (MBA '06)
Associate, Global Capital Markets
Scotia Capital
Toronto (Canada)

Innovative Programs.

Multiple degrees with a real-world focus. Integration of theory and hands-on learning. Eighteen cutting-edge specializations to meet the demands of a global marketplace. Experience Schulich.

www.schulich.yorku.ca

Schulich Programs: MBA, Accelerated MBA, International MBA, MBA/JD, MPA, Master of Finance
Study Options: Full-Time, Part-Time Evenings, Days and Alternate Weekends

YORK UNIVERSITÉ UNIVERSITY

Information Sessions
Downtown Campus
November 25
6:00 pm–7:30 pm
Main Campus
December 8
6:00 pm–7:30 pm
To register, visit:
www.schulich.yorku.ca/infosessions

Schulich Leads in Rankings The Schulich MBA is ranked in the world's top tier of best business schools by *The Wall Street Journal* (#11 in the world in "Top International Schools" ranking); *The Economist* (#12 in the world); *Forbes* (6th best non-US school); The Aspen Institute, a US think tank (#1 in the world in Social and Environmental Leadership); and *Expansión* (#21 in the world) in their most recent global surveys. They also rank the Schulich MBA #1 in Canada.

Customers come first

Most businesses live by this mantra: A happy customer is a repeat customer. Part of providing superior service is how you communicate with clients.

This means responding to their inquiries quickly and in their preferred communications medium, whether that be in-person, or by phone, e-mail or instant messaging. Here are three ways technology can help you get closer to your customers:

New technologies can help businesses improve customer service.

1. Silence isn't golden:
When it comes to responding to customers, the faster, the better. But this is not always possible when employees need to source a colleague or additional information to answer a customer inquiry. Tools like instant messaging give staff access to a real-time list of colleagues, so they can spend less time tracking down available experts and answer customers faster and easier.

2. Handle more requests in less time:
Integrating all tools, including e-mail, voicemail, instant messaging and mobile devices so they act as one eliminates the need to check multiple mailboxes, which increases employee productivity by up to 20 per cent. This means staff can serve more customers faster.

3. Always be available:
Integrating all communications tools onto one device, like a smartphone or laptop, allows staff to be reachable at all times. For example, linking voicemail to e-mail allows workers to access voice messages through their inbox by audio file or a text-based format.

This allows employees to spend less time calling into their voicemail from a remote location, or worse, missing the message entirely.

NEWS CANADA

yak
FREE-FOR-ALL GIVEAWAY

FREE* with sign up
• One month of service
• 4 nights of accommodation in Cancun, Mexico!

Plus you could WIN*
• 1 year of free Yak service
• Flight for two to Cancun, Mexico

Just sign up today for
yak Pak Fully Loaded
ONLY $56.93* MONTH
• Yak Home Phone Fully Loaded
• Yak High Speed Internet
• 400 long distance minutes

Quote promo code: 1-2-3-FREE

Call 1-866-888-6687 yak.ca
Proudly Canadian Customer Service

yak We want to be your phone company.

*Terms of of service apply. Average rate over four months of $75.90 per month with fourth month free. Monthly rate of $75.90 plus applicable taxes each month thereafter. Customers must sign up for Yak Home Phone Fully Loaded with credit card only. Open to Ontario residents only. One promotional offer per account. One time use only. Not redeemable with any other offers or discounts or for any other services. Offer available until December 31, 2009. For full terms and conditions please visit http://yak.ca/terms-of-service under Yak Contests and Promotions.

Seneca

CAREERS IN APPLIED ARTS & HEALTH SCIENCES

Programs include:
• Nursing (Collaborative Degree with York U)
• Early Childhood Education
• Child Development (Degree)
• Social Service Worker
• Police Foundations
• 911 & Emergency Services Communications
• Environmental Landscape Management
• Underwater Skills
• Forensic Investigative Studies

TRANSFORM YOUR LIFE.

APPLY NOW.
Classes start January, May and September 2010.
www.senecacollege.ca

SENECA CHANGES YOU.

St. Clair expansion plan approved
Chatham-Kent council has approved the site plan for a health complex, trades and technology centre, and five new student residence blocks at St. Clair College's Thames campus. The campus development is expected to attract an additional 200 students. METRO NEWS SERVICES

Can't get a job? Go to school for free

U of Regina offers unique guarantee to new grads

Guarantees usually come when you buy things like a TV or maybe a car, but a Saskatchewan university is offering one for something different — an education.

The University of Regina has launched a guarantee program for students who can't find a job in their field within six months of graduation. Under the plan, students can take another year of courses and the school will foot the bill for tuition.

The university says the guarantee is the first program of its kind at a Canadian university.

"It almost seems like a free insurance policy. You don't have to pay anything into it and you're guaranteed to get something out of it," says Kyle Addison, a business administration student and president of the University of Regina Students' Union.

The program will officially be up and running next September, but any student who started university this fall can apply for it.

Like any guarantee, there are rules that apply.

Barb Pollock, vice-president of external relations at the U of R, says among other things, students will have to maintain a 70 per cent average, take an active role in campus life and get career counselling to prepare for the job market.

"The whole idea is to not only help you maintain a successful path in your academics but to expose you and make you marketable, employable," says Pollock.

"It also, there's no doubt, could have a beneficial effect for us in recruitment. But the reason for it for us is the idea about getting students involved and engaged in the university from the get-go, the minute they walk in the door, so that they have a greater chance for success at the end of their program."

The University of Regina has launched a guarantee program for students who can't find a job in their field within six months of graduation. The program ensures free courses for another year.

Pollock says the University of Regina has the highest job placement rate in Saskatchewan at 97 per cent.

"We know that our grads are very employable already," she says.

"We're not guaranteeing a job. What we're doing is saying that if you aren't in a meaningful role that you've been studying for and aiming for over the last four years, in six months after graduation we will guarantee a year's worth of honing skills that you may have found that you're lacking."

"It almost seems like a free insurance policy."
Student Kyle Addison

Students would also have to keep a job search or networking log, along with a professional portfolio that includes a resume, job-search plan and 20 to 40 employer contacts.

Addison doesn't qualify for the program because he's already in his third year of university studies. But he knows firsthand that students wonder what they're going to do when they graduate and if they're going to be able to find a job.

"I think every student does feel that way," says Addison. "This (guarantee) definitely acts as a cushion because if they don't find employment within six months then they're welcomed back for a year of paid school.

"It definitely takes the pressure off."

THE CANADIAN PRESS

BEST BUY CELLULAR POINT FUTURE SHOP Walmart Zellers

Koodo shop

Bramalea City Centre
Burlington Mall
Cambridge Centre
Centerpoint Mall
Conestoga Mall
Devonshire Mall
Dixie Outlet Mall
Downtown Chatham Centre
Dufferin Mall
Eastgate Square
Fairview Mall
Fairview Park Mall
Georgian Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
Scarborough Town Centre
Sherway Gardens
Square One
Stone Road Mall
Tecumseh Mall
The Promenade
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
Westmount Shopping Centre
White Oaks Mall
Woodbine Centre
Yorkdale Mall

(1) Subject to approved credit.

Using tech to cut costs

Five ways to make your work life more productive

Today's workers struggle to stay productive during a typical business day.

Many spend hours in meetings, commuting, or playing phone and email tag with contacts — all while trying to keep up with growing customer demands. The right technology can help people cut down on time-consuming tasks, allowing them to do more in less time. Here are five ways technology can make work easier:

1. **Eliminate bottlenecks:** Employees can take advantage of technology to communicate and collaborate with co-workers in real-time.

For example, storing important documents on a shared workspace enables employees to find relevant information quickly and work on documents with colleagues in real-time.

2. **Reduce business travel:** Many companies justify costly business travel because of the value of face-to-face contact. Video conferencing is a good compromise for those seeking to cut travel costs by up to 40 per cent, while avoiding the physical and mentally draining effects of travelling.

Video conferencing is a good way to cut down on travel costs.

3. **Get closer to customers:** Tracking down colleagues to get an answer for a customer inquiry can be a time-consuming process. Instant messaging technology gives staff access to a real-time list of available colleagues.

4. **Shed unnecessary devices:** It's not about buying more technology, it's about ensuring your existing tools work together as one.

5. **Let technology take you places:** Integrating voicemail, email, instant messenger, and mobile devices allows employees to work anywhere without being at risk of being unresponsive to colleagues and customers. Whether they're in their car, at home or at client meetings, workers can remain connected to team members and the information they need to work effectively.

NEWS CANADA

Career Finder

ECO CONSULTANTS NEEDED
Average $18/hr
Full Training Provided
Call 416 250-5158

HOME SERVICES COMPANY
looking for representatives to register homes for energy efficient replacement equipment. No experience necessary, full training provided.
Earn $600 - $650 per week PLUS BONUSES.
416.218.0000

THIS JUST IN:
4-CAR COLLISION DOWNTOWN...
NO, WAIT...
MAKE THAT 5.

INSTANT NEWS UPDATES ON YOUR PHONE.
FROM AROUND THE GLOBE TO AROUND THE CORNER, GET UP-TO-THE-MINUTE-COVERAGE WITH METRO MOBILE.
m.metronews.ca

SHOPPERS DRUG MART
JOB FAIR
shoppersdrugmart.ca/careers

We are holding a job fair for our NEW STORE located in the Bay Adelaide Tower in downtown Toronto…

Wednesday, November 25th
11 a.m. to 6 p.m.
Hyatt Regency Toronto
370 King Street West in Toronto

We have the following full and part-time opportunities…

• Front Store Manager
• Assistant Store Managers
• Pharmacists
• Pharmacy Technicians
• Beauty Boutique Manager
• Beauty Experts • Receivers
• Merchandisers • Cashiers
• Cash Supervisors
• Post Office Manager
• Post Office Clerks

As a member of our team, you will enjoy...
• staff discounts • a variety of shifts
• competitive wages • opportunities for growth
• a great working environment
• comprehensive benefits for full-time staff

Please bring a current resume including references.
If you are unable to attend, please apply to:
sdm1441@gmail.com

SHOPPERS DRUG MART

Seneca

CAREERS IN INFORMATION ARTS & TECHNOLOGY

Programs include:

• Graphic Design
• Computer Programming and Analysis
• Animation
• Creative Advertising
• Software Development (Degree)
• Informatics and Security (Degree)
• Media Fundamentals
• Acting for Camera and Voice
• Independent Illustration
• Independent Music Production
• Computer Networking and Technical Support

TRANSFORM YOUR LIFE.

APPLY NOW.
Classes start January, May and September 2010.
www.senecacollege.ca

SENECA CHANGES YOU.

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

CROOKED TEETH and want them straightened?

You or your child may have irregular teeth, which cause you to feel embarassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.

For a free examination appointment
Please call Bonnie at (416) 635-5821

111283

HEALTHY VOLUNTEERS NEEDED

Our research program is interested in learning more about pain in children with sickle cell disease. For this we need to understand behaviours, emotions and attitudes about pain in healthy children. We are looking for children and teenagers to participate in a clinical study at The Hospital for Sick Children.

PARTICIPANTS MUST BE:
African Canadian • Between the ages of 10-18 years
In good physical health

Participation will require two hours of your time. The study involves completing several short questionnaires and skin sensitivity testing. Compensation and volunteer hours will be provided.

For more information please contact
Ms. Erika Kewley at the Divisional Centre for Pain Management and Pain Research at
416.813.7654 ext. 2373
SickKids

Pick a pretty palette

How to choose from among myriad options

JANINE FALCON
for Metro Canada

Few of us girls can resist the lure of a little box full of pretty squares of colourful cosmetics, especially because they're priced so well. But when faced with the dazzling array of multi-hued makeup kits in stores today, how do you choose? Here are five key tips:

Buy for love

If among the glittering sea of choices one calls to you loudly, you have your palette answer. Whether it's because the kit is too darned cute, like Tsumori Chisato for Shu Uemura's Planet Cat Palette; killer in its colour range, like CARGO's Hands of Hope; or made by your go-to brand; snap up your favourite and don't look back.

Consider what you need

If you have a mascara you swear by, or already have great makeup brushes, you don't need a kit that includes them. If you're all about eyes or lips, targeted palettes such as Pupa's Diamond Palette or YSL's glam Your Lovely Palette Duo Lip Colour are all about you. If you're a traveller, look for a compact choice that has everything you need for a fresh face, such as Benefit's Celebutante makeup kit, or mark.'s Super Flip Color Kit of shadows, lipstick and gloss.

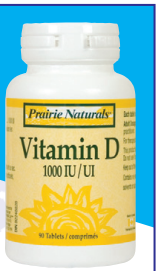
Read more on page 41 »

Sephora Collection Blockbuster To Go, $20, Sephora.

E.L.F. Lips Beauty Encyclopedia, $10.99, Zellers.

Winterize with the Colours of health

FREE Vitamin D
With purchase
while quantities last



Fight Colds & Flu!

Visit any participating natural health product retailer and purchase any of these select products to receive a FREE bottle of Vitamin D (90 tablets)

Blueberry Greens-Force
Packed with polyphenols and antioxidants from blueberries • Contains 1000 mg of organic, concentrated blueberry powder • Super High ORAC content • Slows aging Improves brain function • Protects vision

Cranberry Greens-Force
Packed with polyphenols and antioxidants from cranberries • Contains 750 mg of Cran-MaxTM cranberry extract • Cranberries relieves symptoms of urinary tract infections (UTIs) • Cranberries prevent recurrence of UTIs and bladder irritations

Greens-Force
Loaded with chlorophyll-rich, dark green superfoods • Alkaline-forming • Provides the ideal pH balance needed for optimal nutrient assimilation • Improves bone mineral absorption • Boosts immunity • Supports gentle, daily internal cleansing

Morning Rise & Shine 252 g
Hydrates & alkalinizes • Improves energy & physical mobility • Normalizes appetite & supports weight loss • Boosts brain & memory function • Supports daily liver cleansing & detoxification • Aids digestion, assimilation & elimination

Top 10 Reasons Scientists Tell Us to Take Vitamin D Everyday

1. Prevents colds and flu
2. Modulates immunity & decreases autoimmune diseases
3. Normalizes insulin secretion
4. Regulates blood pressure
5. Prevents osteoporosis, strengthens bones & promotes bone mineralization
6. Relieves muscle weakness & pain
7. Prevents degenerative diseases
8. Combats depression and SAD
9. Supports normal functioning of the nervous system
10. Promotes healthy hormone function

Prairie Naturals
facebook
twitter

For more information contact us Toll Free at 1 800 931-4247 or visit our website www.PrairieNaturals.ca

IF YOU LEAVE TORONTO AT 8 AM AND DRIVE 120 KM/H TO BUFFALO AND ARRIVE AT 9 AM, HOW MANY KIDS DID MADONNA ADOPT?

INSTANT ENTERTAINMENT UPDATES ON YOUR PHONE.
FROM AROUND THE GLOBE TO AROUND THE CORNER, GET UP-TO-THE-MINUTE-COVERAGE WITH METRO MOBILE.
m.metronews.ca

SPECIAL FOCUS ON:

Holiday beauty

Continued from page 40 »

Colour yourself happy

Are you a neutrals girl or mad about colour? Do you want to keep things simple by focussing on eye colour, or choose your own make-up playground? Choices abound from Almay, Physicians Formula and CoverGirl when it comes to amping up your eye hue, and Mary Kay Cosmetics offers the chance to create a personal choice with a Compact Pro palette.

Try something new

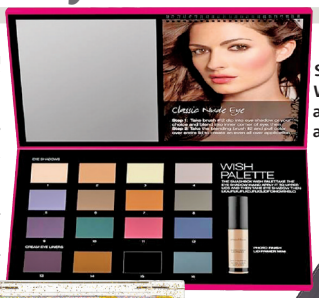
One of the best things about makeup kits this time of year is the chance to try a new brand at a fraction of what it would cost to buy all those shadow/blush/gloss shades separately. Look to beauty meccas such as Sephora and Murale for tons of options from a range of companies, large and small.

Surprise your budget

Palette size doesn't always equal budget size! Look to Quo Cosmetics for covetable kits to suit a range of wallets, and Zellers now carries E.L.F., a super-affordable line that includes Beauty Encyclopedia kits of eye shadow or lip colour.

You can make your budget feel good with a giveback purchase, too — anything from the Smashbox Wish collection sends $1 to the Children's Miracle Network, and the M.A.C. Viva Glam Lip Kit donates every bit of the retail price to the M.A.C AIDS Fund.

Of course these tips apply when it comes to giving palettes as gifts. They work as hints, too, if you're hoping to receive one.



Smashbox Eye Wish Palette, $51, available exclusively at Sephora.

Cargo Hands of Hope, $29, available at Murale and Sephora.

Tsumori Chisato for Shu Uemura, $85, Holt Renfrew.

QuoTreasure-Box, $35, Shoppers Drug Mart.

mark. Super Flip Color Kit, $22, avon.ca.

M.A.C. Viva Glam Miracles Happen Lip Kit, $27, M.A.C. stores and maccosmetics.com.

Pupa Blue Queen Diamond Palette, $29, at select drugstores and spas, 1-800-363-7284.

Beauty picks Holiday hair accessories

Thea clips, Goody, $8.99, Wal-Mart.

Fiona Barrettes, Goody, $6.99, Wal-Mart.

Peacock Hair Band, Foxy Originals, $24, foxyoriginals.com.

From top, Labyrinth Headband, $35.33, and Beaded Headband in gold, $35.33, both Anthropologie, anthropologie.com.

PATIENTS NEEDED FOR A MEDICAL STUDY

CONSUMER VISION IS CURRENTLY CONDUCTING RESEARCH WITH INDIVIDUALS WHO HAVE BEEN DIAGNOSED WITH CROHN'S DISEASE. SESSIONS WILL BE HELD ON DECEMBER 10 AND 11 IN CENTRAL TORONTO. QUALIFIED INDIVIDUALS WILL RECEIVE A CASH INCENTIVE OF $100.

FOR INFORMATION PLEASE CONTACT US AT 416.964.5836 EXT 8050

Why spend more?
GET THE BEST RATES IN TORONTO!

Laser Hair Removal
Full Leg $125 Back/Chest $150
Full Arms $75 Bikini $50
Face $50 Underarms $30
Whole Body $300

Anti Aging Services
Photofacial $150
Skin Tightening $250
Skin Resurfacing $300
Spider Veins (also being done) Green Peel

ASK ABOUT OUR INCREDIBLE MEMBERSHIP OFFERS! We are on facebook!
Pigmented Lesions • Permanent Hair Reduction • Rosacea
FK Laser & Anti Aging
Call: 416.432.9134 or 416.730.8035 | www.fklaser.com
147 Finch Ave. W BRING THIS AD WITH YOU AND RECEIVE A SPECIAL OFFER!
Summer deals available

RYERSON UNIVERSITY
DO YOU SMOKE?
If you
• Are between 25 and 65 years of age
• Smoke at least one cigarette every day
You may be eligible to volunteer in a research study on what treatments people prefer.
Please call 416.979.5000 ext 2571 or email smoking.study@ryerson.ca
Ryerson University, Health Intervention Research Center
FUNDED BY THE LUNG ASSOCIATION

UNIHEALTH GROUP
Established 1995
Downtown Toronto
208-1033 Bay St. (Bay & St. Joseph)
416.920.3232
OPEN MON — SAT
tor@unihealth.ca
Etobicoke
14 Burnhamthrope Rd. (Burnhamthrope & Dundas West)
416.236.7288
OPEN TUE — SAT
etb@unihealth.ca
North York
206-170 The Donway W
416.391.5822
OPEN MON — SAT
nyk@unihealth.ca
MASSAGE or ACUPUNCTURE INTRO OFFER
Pain Relief • Deep Tissue Therapy • Stress Release
$20 One Hour Massage or One Acupuncture session
First time visitors only. GST not included. Offers expires December 7, 2009. $20 Massage/Acupuncture Promo not applicable to Registered Massage Therapy.
Registered Massage Therapy Extended Health Plans Accepted
Call for introductory price for RMT
YOGA
$10 First Class Trial* for: Hatha, Gentle Flow
UNLIMITED YOGA $60 Per Month
* Regular Drop-in Yoga Class $15. GST not included. Certified Yoga Teachers.
ACUYOGA THERAPEUTIC YOGA Now Available
unihealth.ca Vancouver . Calgary . Toronto info@unihealth.ca

GET HELP, WHILE HELPING OTHERS...
Scientists at the Centre for Addiction and Mental Health, in affiliation with the University of Toronto, are conducting a study of treatments for depression. Participants will be offered 16 weeks of therapy or medication.
SYMPTOMS OF DEPRESSION INCLUDE:
• Feelings of sadness • Problems concentrating • Difficulty sleeping • Low motivation • Loss of energy • Loss of interest or pleasure • Weight gain or loss • Excessive feelings of guilt
If these symptoms sound familiar and you are aged 18-65, do not have an alcohol or substance use problem, and you are willing to receive psychotherapy or medication treatment for depression, you may be eligible to participate in our study.
You can get help, and help others through your participation.
Please call 416.260.4199 for a confidential interview.
camh Centre for Addiction and Mental Health
For more information and other programs at CAMH please visit www.camh.net or call 416.535.8501

BEYOND LASER
Painless - Safe
FDA Approved
All Skin Types
XMAS Savings
u/lip $ 19
u/arms $ 69
f/face $ 129
f/legs $ 189
m/back or front $ 199
• Certified Professional
• Personal Evaluation
FREE CONSULTATION by appointment
*all fee is subject to package pricing
HAIR LOSS
A NATURAL ALTERNATIVE TO HAIR TRANSPLANTS
•ITCHY SCALP
•THINNING HAIR
•PROFUSE HAIR LOSS
•DANDRUFF
(HMA) HAIR MICRO ANALYSIS
(ETG) TREATMENT
(LLLT) LASER TREATMENT
FOR MEN & WOMEN
96.7% SUCCESS RATE FDA APPROVED HAIRMAX LASER COMB
A&T LASER INC. MEDICAL AESTHETICS
DOWNTOWN BAY/BLOOR 416.929.4247
MISSISSAUGA HWY10/DUNDAS 905.896.1074
www.antechhair.com

DO YOU HAVE RAGWEED ALLERGIES?
Do you suffer from severe Ragweed Allergies?
If yes, you may be eligible to participate in a clinical research study using an investigational oral vaccine against ragweed. This once-a-day tablet is placed under the tongue for rapid absorption.
To qualify you must be:
• Male or Female: 18-50 years of age
• Suffering from severe allergies to Ragweed Pollen for more than 2 years
• Having blocked or itchy nose, itchy or watery eyes or sneezing, during ragweed season
You will be compensated for your time upon completion of the study. Study participation includes study-related care from an allergy specialist and medication for allergy symptoms, at no cost.
To find out if you are eligible to participate, please contact us today.
Dhammi or Erica @ 416-923-7643

LOSE WEIGHT
REFORM YOUR BODY
Call To Be Assessed For Our New Special Plan:
Reduce 10% Of Your Body Weight

1. Assigned parts of the body can be reformed eg; contraction of the abdomen or jaw.
2. Effective, quickly, long term results.
3. Plans for tailored especially for you.
4. Free Assessements

Fine therapies also available for smoking cessation, and pain relief from shoulder, neck back or waist pain, repetitive strain injury, muscle stiffness or numbness, headaches, etc.

Medical Insurance Accepted
Tel: 647.348.0882/647.347.5591 • Email: info@leesclinics.com
Downtown: 360 Bloor St.W., Suite 412 (Spadina Subway)
North York: 5511 Yonge St., Suite 2A (Finch Subway)
Mon. - Sat. 10 am - 7 pm • www.leesclinics.com

RESEARCH STUDY
ARE YOU CURRENTLY WORKING AND LIVING WITH ARTHRITIS?

We are looking for adults between the ages of **25 and 65 who have arthritis** and are **currently employed** to complete a brief research study questionnaire and telephone interview.

For information about this important research, please call **Jessi** at the Arthritis Community Research & Evaluation Unit (ACREU), University Health Network.

Toll Free: 1-866-724-0003

ACREU Arthritis Community Research & Evaluation Unit
University Health Network

A fitting fragrance

Scent expert Marian Bendeth connects perfume and personality

From left, Chloé Intense, Eau Mega by Viktor & Rolf and Lola by Marc Jacobs.

JANINE FALCON
for Metro Canada

When choosing perfume for yourself or as a gift for someone else, knowing your subject is key, says global fragrance expert Marian Bendeth, owner of Sixth Scents.

Bendeth specializes in creating signature fragrance wardrobes by matching personalities to perfumes, an approach her experience has shown also corresponds to body chemistry. Nifty, yes? Here's her take on seven scents worth giving:

• Chloé Intense, the most sensual of the Chloé scent range, is a floral oriental fragrance of rose, pink pepper and sandalwood. Bendeth pegs this for "a warm-hearted woman, worldly yet maternal, with a sunny nature and down-to-earth values." 50 ml, $90 at drug and department stores as well as Murale.

• Eau Mega from designers Viktor & Rolf is a fresh green floral, with violet leaf, basil and pear, as well as invigorating lemon and aquatic notes. Bendeth profiles this wearer as understated and relaxed, yet detail-oriented and thorough. 50 ml, $90 at The Bay.

• Féerie by Van Cleef & Arpels is a fanciful floral woody scent that beckons with violet, blackcurrant, Bulgarian rose and Egyptian jasmine. Bendeth characterizes this personality as exciting, highly creative and larger than life. "Constantly busy, she creates her own magic — she's a woman a man has to keep up with," she says. 50 ml, $145 at Murale, The Bay and Holt Renfrew.

• Idole d'Armani is a sparkling floral with a hint of spice, sophisticated and glamorous, without being overpowering. "The woman who wears this is self-assured and intuitive," says Bendeth. "She's a multi-tasker who loves to delegate and knows how to get things done." 30 ml, $60 at department stores.

• Idylle is an ultra-feminine floral by Guerlain, lush with rose, lily of the valley, peony, freesia, jasmine and lilac. Youthful and chic, it's a delightfully romantic fragrance (read: perfect for weddings) for the "savvy sophisticate who seeks out quality at every turn," notes Bendeth. 35 ml, $82 at Guerlain boutiques and department stores.

Read more on page 48 »

Kendle
Real people. Real results.®

Healthy Men and Women with recreational drug experience are needed to participate in a clinical research study with an investigational drug

The purpose of this study is to learn whether the investigational drug has the potential to be abused .

If you are between the ages of 18 and 55 and have recreational drug experience with downers, barbiturates, benzodiazepines, roofies, GHB or cannabis and at least one other class of drug (e.g., opioids, stimulants or hallucinogens), please contact us to see if you qualify.

720 King Street West
7th Floor (NORTH ELEVATORS)
416.640.4004
1.866.222.8063
studies4u.com

Reasonable Financial Compensation for Participation

OLAY

SERIOUSLY DRY SKIN DESERVES SERIOUS TREATMENT.

NEW Olay
Quench Advanced Relief
Try the body lotion that provides long-term results by actually improving skin's moisture barrier over time. When it comes to dry skin, long-lasting relief starts here.

quench
Love the skin you're in.™

ADVERTISING FEATURE

GET YOUR WINTER SKIN PRIMED FOR HOLIDAY PARTY SEASON

Dr. Kucy Pon

It's here! We still haven't finished eating all of our leftover Halloween candies but the holiday season is fully upon us. Stores are piping through songs of good cheer, malls are getting busy with anxious shoppers and kiddies are making their wish lists. It may be the most wonderful time of the year, but it's also the busiest what with all the gifts to purchase, homes to decorate, swish parties to attend, and whoops, winter skin to reveal.

That's right, summer may be a distant memory but the festive season gives us a chance to show off our skin in shoulder-baring dresses, cocktail attire and even strappy sandals with bare feet. A big change from the sweaters, puffy jackets and boots we've been donning so far.

The holiday season falls smack in the middle of Canadian winter so our skin is already dealing with the double assault of frigid temperatures and harsh, dry winter air outside and artificial heat inside. Add to that a steady diet of cocktails and rich food and the stress of the season can start to show up in our skin as well.

IMMERSE YOURSELF IN A SKIN CARE REGIMEN

"By the time the holidays come around, we should already be well-immersed in a winter skin regimen that includes exfoliation and extra moisturization," says Dr. Kucy Pon, dermatologist and special consultant to Olay. "That way, you can help prepare skin's defenses for the stress of the season in advance."

What's that? You're just getting around to your winter skin regimen? No worries! Although it's a busy time, Dr. Pon likes to remind people that the holidays are also a time for pampering and treating ourselves: "It's a great time to give yourself a gift in the form of a special at-home skin care treatment or in-shower body treat," she says. But it's also important to keep your skin hydrated."

This includes using a good moisturizing lotion to keep dry skin at bay. According to Dr. Pon, "External elements such as cold temperatures and indoor heat can dehydrate the skin and wash away essential oils. A moisturizer performs several important functions including enabling lost water to be replaced and keeping it in the skin by the humectants it contains. A moisturizer also has an immediate effect in terms of making surface skin feel better," she adds.

BREAK THE CYCLE OF DRY WINTER SKIN

This holiday season give your skin the clinical treatment it deserves with new Olay Quench Advanced Relief Body Lotion. Specifically formulated to help strengthen skin's moisture barrier over time, Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, Vita-Niacin and Vitamin E, Quench Advanced Relief is non-greasy and fragrance-free

> 'Get your winter skin primed for the holiday party season, and break the cycle of dry winter skin'

Keep Your Holiday Glow All Season

Dr. Kucy Pon, dermatologist and special consultant to Olay shares these five tips for glowing holiday skin:

1. EXFOLIATE

Before hitting holiday parties, help remove dead skin cells off the face and body for a fresher, younger look.

2. GROW YOUR GLOW

Start using a gradual sunless-tanning product a couple of weeks before your big events. They help provide increased colour each day for a natural look.

3. MOISTURIZE

Take time to moisturize, especially areas that have been covered up for a couple of months like arms, elbows and legs. Time saving tip: Use a moisturizing body wash in the shower.

4. DRINK LOTS OF WATER

Staying hydrated will help fight the double-whammy of late nights and alcohol.

5. TAKE IT ALL OFF

We tend to wear more makeup during the holidays. When you're tired, a facial cleansing cloth makes quick work of this late night task. Keep some in your purse if you plan to refresh your makeup between work and parties.

OLAY®

Say Goodbye to Dieting..... Say Hello to Wow!

Losing weight with *Slimband*® is easy. Niki lost over 80 lbs with *Slimband*® and you can too! Visit us online and find out how you can start your own success story today.

SLIMBAND.COM

Niki S: Actual Slimband® Patient

Slimband®
Tel: 416-923-SLIM

JIMMY HAMELIN

RYAN FRANCOZ

JIMMY HAMELIN

Fashion week looks, from left, at Eve Gravel, David Dixon and Annie 50.

Budget party looks

JANINE FALCON
for Metro Canada

Save your beauty pennies, ladies — you don't have to spend a lotta cash to look gorgeous this get-together season.

If the models at our recent Montreal and Toronto fashion weeks can look flawless with drugstore beauty brands — CoverGirl and L'Oréal Paris are respective show beauty sponsors — so can you. In fact, we can tell you exactly what to use for each of these makeup looks because we got it straight from each show's beauty pro.

The Smoky Eye

Eve Gravel, Montreal Fashion Week

To get this edgy look designed by Catherine Laniel, Montreal Fashion Week's Creative Director of Makeup, start with CoverGirl TruConceal Concealer ($8.99) and TruBlend MicroMinerals ($13.99).

Using the CoverGirl Eye Enhancers 3-Kit Eye Shadows in Shimmering Sands ($6.99), highlight the inner corners of eyes with the lightest shade, sweep the entire lid with the medium shadow, and emphasize the crease with the darkest.

Line upper and lower lashlines with Outlast All-Day Smoothwear Eye Liner in Onyx ($8.99) and top with Eye Enhancers Eye Shadow ($5.99) in Tapestry Taupe to smudge the line and further define the outer vee of the creases and lids. Curl lashes and apply LashBlast Volume Blasting Mascara in Very Black ($9.49). Warm cheeks with TruCheeks Blush No. 4 ($8.99) and finish with TruShine Lipcolor ($9.49) in Coral Shine and Wetslicks Amazemint Lipgloss in No Care Bare ($6.99) on lips.

The Red Lip

David Dixon, LG Fashion Week, Beauty by L'Oréal Fashion

Apply TruMatch concealer ($11.49), foundation and powder ($16.49 each) — they're what Eddie Maleterre, official makeup artist for L'Oréal Paris in Canada/Artistic Director for LG Fashion Week in Toronto, uses to perfect model complexions. Sweep lids from lashes to brow with L'Oréal Wear Infinité Eye Shadow ($6.99) in Matte Seashell.

Next, from the Wear Infinité Eye Shadow Quad in Earthscape ($10.95), intensify the crease with the medium shade of shadow, then line upper lashlines with the darkest shade.

Define brows using the Earthscape shade that best matches your hair colour. Curl lashes and apply Telescopic Carbon Black Mascara ($13.99).

Sculpt cheekbones with TruMatch Blush ($15.49) in Bare Honey, dust apples of cheeks with TruMatch Blush in Baby Blossom, and highlight tops of cheeks with Wear Infinité shadow in Morning Light. Apply Color Riche Star Secrets Lipstick in Penelope's Red ($12.49), and lightly trace the lip outline as well as over lipstick with Crayon Petite Automatic Liplinner in Reds ($11.49).

Winged Liner

Annie 50, Montreal Fashion Week

As with Laniel's first Montreal look, apply concealer and foundation. Using CoverGirl Eye Enhancers 3-Kit Eye Shadows in Café au Lait, put the lightest shade on inner corners and on brow bones, medium shade all over the lid, darkest shade in the crease.

To make sure you get a lifted look instead of a droopy-eye effect, Laniel advises lining the lower lashlines first from the inner corner to outer, with Outlast All-Day Smoothwear Liner in Onyx, extending the line past the corner.

From that outer corner point, switch direction with your pencil and follow your upper lashline from the outer corner toward the inner corner of the lid.

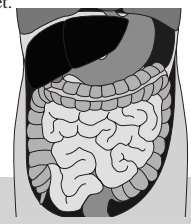
Then trace over the pencil liner on upper lids with CoverGirl LineExact Liquid Liner in Very Black ($6.99). Curl lashes and apply mascara, sculpt cheeks with TruCheeks Trio 3, and apply TruShine Lipcolor in Nude Shine followed by Wetslicks Amazemint Lipgloss in Freedom of Peach.

Have you been diagnosed with Mild to Moderate Ulcerative Colitis?

If you have been newly diagnosed or have been using medication to treat Ulcerative Colitis for years, you may be eligible to participate in a research study using an investigational oral tablet.

You may be eligible if you are:

- 18 years of age or older
- Currently on any form of 5-ASA *(Asacol, Pentasa, Salofalk)*
- Displaying symptoms of Ulcerative Colitis presently or have within the past 3 years



To find out if you qualify, call:

1-866-666-3329

Nothing like Viagra

The J Spot

Despite every headline to the contrary, the new female sexual desire drug that's been in the news lately is not "female Viagra." In fact, it's nothing like Viagra.

Viagra solves a hydraulic problem: It allows more blood to flow to the penis. That's it. Flibanserin, on the other hand, affects brain chemistry. A German drug company originally developed it as an antidepressant. Turns out it did nothing to enhance mood but researchers noticed a rather curious side effect: It increased interest in sex.

Given that estimates put the market for treatment of Female Sexual Dysfunction(FSD) at about $2 billion US in the U.S. alone, Flibanserin has no doubt enhanced the mood of drug company's execs. I'm sure it also enhanced the mood of women who find themselves too often, well, not in the mood.

But before we pop the champagne corks, consider this: While the North American women in the study reported an increase of "satisfying sexual events" from 2.8 per month to 4.5, European women found no significant increase.

Never mind how they defined "satisfying" — this discrepancy deserves an explanation. Unfortunately, the drug company didn't provide one. Nor did they explain why participants who took the drug reported sexual desire didn't diminish after the study ended.

They don't know how the drug works. All they know is that it blocks the release of serotonin, a brain chemical that regulates mood, memory, sleep and appetite. The sex stuff, it seems, is a fluke. I'd like more details before I take a drug that's going to mess with my brain chemistry.

During the study, one in seven participants dropped out because of side effects like dizziness, fatigue, anxiety, nausea and insomnia.

Finally, this drug is being developed to treat FSD, a controversial condition some say was created by pharmaceutical companies so they could invent drugs to treat it. Unlike erectile dysfunction(it goes up or it doesn't), FSD is a little trickier to define. High sexual desire for one woman might be considered low for another, for example. And how do you separate FSD from your average everyday libido killers like stress, routine, boredom, feeling crummy about your body or not being able to communicate your sexual needs to your partner?

Even if it jumps all the regulatory hurdles, Flibanserin won't be on the market for a few years yet. Maybe you and your partner could use the time to work on non-medicinal treatments to help get you in the mood, like eliminating stress, busting your routine, working on self-image and talking to your partner.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

TBBS
Toronto Barber and Beauty Supply Since 1937
OOOPS WE REALLY BOUGHT TOO MUCH!
COME IN & SAVE BIG
PRICES START AT 99 CENTS!
If you want great hair for the holidays, we can help with that! Save big on holiday gift sets and a great assortment of stocking stuffer ideas. Flat irons, dryers, curling irons, clippers and trimmers are on sale.

TORONTO'S ORIGINAL BEAUTY SUPPLY STORE
Great products, great service and great values since 1937
100 Dundas St West (Dundas & Bay)
Visit www.tbbs.ca for our other locations
Wishing all our friends & customers a healthy, happy holiday season!

Location, Location, Location?
Where You Live Can Impact Your Car Insurance Rate

How Much Is Your Postal Code Costing You?

We've all heard that when it comes to real estate, the biggest driver of your success is location. Can the same be said for getting the lowest car insurance rate? The answer is – sort of.

Insurance companies do use a wide variety of risk factors when setting premiums, and where you live is one of them. The question each insurance company tries to answer is "how likely is it a policyholder living in [insert location here] will make a claim and how much will that claim cost to pay out if there is a loss?" If you live in an area that a given insurance company knows to have a high claims rate, all things being equal, you can expect to pay more than someone living in an area with a lower claims rate.

Should I Consider Moving To Get A Better Rate?

Probably not. If you are like most people, picking up and moving to another neighbourhood in hopes of saving money on your car insurance is likely not an option. And the truth is, even if you did move, there's no guarantee you'd get a lower rate, since each insurance company sets its rates independently and can change them up to 4 times per year according to a wide variety of factors of which your location is only one.

What's The REAL Secret To Lowering Your Rate?

The simplest and easiest thing you can do to lower your rate right now is to SHOP AROUND. Why? Because the rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

The key is finding the one insurance company that can offer the lowest rate available for your driving profile. InsuranceHotline.com offers an independent, unbiased rate comparison from over 30 top insurance companies to find you the lowest rate for your profile and then connects you with a licensed broker or agent who can provide the policy. It is fast, safe and FREE.

Start Saving Your Money Now.

InsuranceHotline.com puts you in the driver seat by making insurance companies compete for your business. Think of it as a one-stop shop for lowering your car insurance rate.

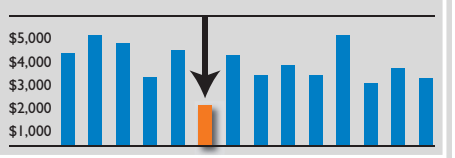
There is never any obligation. You decide if you're interested in the rate provided and whether you want to move your business. So don't waste another minute. Go online to InsuranceHotline.com and start saving now.

Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

InsuranceHotline.com
Your search engine for the lowest insurance rates

InsuranceHotline.com finds this rate for drivers – for FREE!



GET FREE INSURANCE QUOTES from over 30 companies
SAVE TIME AND MONEY by quickly comparing your rate to the lowest rate available
CONNECT with our large network of licensed insurance professionals

LEGE ARTIS™ SKIN CARE INC
advanced european laser & skin care in downtown toronto since 1996

• Laser Hair Removal
• Acne & Acne Scars
• Pigmentation Marks
• Wrinkles & Fine Lines
• Uneven Skin Tone
• Sun Spots & Age Spots

CANDELA Vbeam IPL OMNILUX LIGHTSheer

Xmas Special!

30% OFF All Laser & IPL procedures
20% OFF LED Light Therapy
15% OFF Facials
Microdermabrasion - $69!

Offers expire Dec 31 2009. GST extra. Applies to regular prices only. Can not be combined with other specials or discounts.

Call for your Free Consultation Today!

Lege Artis Skin Care Inc.
27 Carlton Street #201
416-642-1382
www.Lege-Artis.ca

You'll love the WAY YOU FEEL!
In 7 days or less

Colon Cleansing Herbal Tea
It's as easy as 1,2, tea!

- Lose weight & reduce bloating
- Effectively cleanses the bowel & liver
- Eases stomach distress such as:
  Constipation, indigestion, acid reflux, bloating
- Detoxify your body from:
  Chemicals, parasites, bacteria, toxins

INNOTECH NUTRITION SOLUTIONS
innotechnutrition.com

$5 OFF
Present this coupon to your local health food store and receive $5.00 off a 1 month supply of Wholy Tea.
Limit 1 per customer. Not valid at GNC. Expires Dec 1, 2009. Code: WTN24WL

Bone-building

Exercise can help prevent osteoporosis

CELIA MILNE
for Metro Canada

We always hear that exercise helps us lose weight — but it also helps us keep our bones strong.

"Exercise can reduce or prevent the age-related decline in bone density," says Dr. Sonja Kukuljan from the school of exercise and nutrition studies at Deakin University in Australia. "It can also improve muscle mass, strength, balance and coordination."

The best exercises to improve the quality and strength of your bones and reduce your risk of osteoporosis are resistance training and weight-bearing exercises, says Kukuljan. Osteoporosis is quite common after age 50, affecting 21.3 per cent of women and 5.5 per cent of men.

Resistance training can mean working with machines at a gym or using free weights. Kukuljan suggests getting your strength tested before you begin a program: This will help you decide what weight you should use. Medical guidelines suggest the best weights are those that allow you to do 10 to 15 repetitions for each exercise.

The ideal workout involves using eight to 10 major muscle groups, and this should be done at least twice a week, on non-consecutive days.

Then, after two or three months, higher weights can be used. "Strength training is likely to have multiple benefits, such as psychological, emotional, physical and social," says Kukuljan.

On the days that you don't lift weights, you can mix it up with aerobic exercise(walking, running, playing), flexibility exercises(stretching), or balance exercise(yoga).

Canadian researchers have discovered that to prevent future bone fractures, it's important to boost not just the bone density, but also the quality of the bones. The Canadian Multicentre Osteoporosis Study included 9,423 participants in nine cities across Canada.

Osteoporosis and fractures can run in families, but there are some ways you can help lower your risk, including: not smoking, not drinking too much, and possibly avoiding anti-depressants called SSRIs (ask your doctor).

As you get older, being skinny (BMI under 20) is also a risk factor for osteoporosis.

"The thinner you are, the more likely you are to develop osteoporotic fractures," says Dr. David Goltzman, a professor of medicine at McGill University, who gave a talk recently in Toronto about osteoporosis.

Taking enough calcium and vitamin D is really important too. Doctors generally recommend 1,200 mg/day calcium. Supplements are fine, but the best source of calcium is food. The optimal amount of vitamin D for many people is 800 I.U.

Honey, did you give the cat swine flu?

H1N1 Sneeze into your arm, unless you're holding your cat. Swine flu is spreading to pets. The U.S. has reported a few cases where humans with H1N1 have passed the virus on to their pets.

"The pets appear to have become ill after being in close contact with their owners or caretakers who were sick with H1N1," says Dick Hesse, a flu expert in Kansas State University's Veterinary Diagnostic Laboratory. Nasal or oral swabs sent by veterinarians to laboratories have confirmed H1N1 virus in animals. Although dogs have not yet been affected, there are cases of the virus spreading from humans to cats and ferrets.

CELIA MILNE/
FOR METRO CANADA

Indigestion? Constipation? Bloating?

Prairie Naturals
ENZYME-FORCE
with Fibrazyme™

Enzyme-Force with Fibrazyme Full Spectrum Vegetarian Enzyme Blend in v-Caps!
Prairie Naturals Enzyme-Force is a comprehensive digestive enzyme blend that provides a full spectrum of proteolytic enzymes (protein-digesting), carbohydrolytic enzymes (carbohydrate-digesting), lipolytic enzymes (fat-digesting) as well as FibraZyme, a plant fibre digesting complex. Enzyme-Force is non-GMO, encapsulated in V-Caps and suitable for vegans.

10 Advantages to Increased Enzyme Intake
1. Improves digestion, elimination and bowel health
2. Reduces risk of heartburn, gas and bloating
3. Enhances energy and vitality
4. Promotes balanced pH in the body
5. Protects from degenerative disease
6. Strengthens the immune system
7. Relieves muscle stiffness and inflammation
8. Improves efficiency of entire circulatory and vascular system
9. Influences overall health, well-being and weight management
10. Slows the aging process and contributes to longevity

PURELY VEGAN PUREMENT VÉGÉTALIEN

Prairie Naturals Enzyme-Force is a powerful, comprehensive and complete digestive enzyme blend designed to help you Live the Healthy Life!

Available at Fine Health & Nutrition Stores in your Neighborhood
Call us Toll Free at 1 800 931-4247 www.PrairieNaturals.ca
Available in 60/120 V-Capsules

NEW YEAR, NEW YOU!

ENTER FOR YOUR CHANCE TO WIN A

$5000 SHOPPING SPREE

VISIT swissherbal.ca

FOR CONTEST RULES & COMPLETE DETAILS

Calcium news that's easy to swallow.

New Swiss MagiCalcium™, a unique calcium **powder supplement** that helps maintain bones and teeth and prevents osteoporosis. Just add a scoop to any liquid, it will **dissolve clear** and odourless with **no aftertaste.** MagiCalcium™ is a special blend of calcium and magnesium, that when dissolved in liquids, allows for **higher absorption** than capsules or caplets. Swiss MagiCalcium™ powder: the easy solution to calcium supplementation.

Swiss

www.swissherbal.ca

TM and ® denote trademarks and registered trademarks of Swiss Herbal Remedies Limited.

NATURAL SOURCES | SCIENTIFICALLY FORMULATED | TOTAL QUALITY ASSURED

MEN & WOMEN NEEDED

We are looking for healthy volunteers to participate in clinical studies

You may be financially compensated up to $2500 upon completion of the study

If you are 18 to 55 years old and want to see if you qualify please contact us

416.759.5554
1.866.759.5554
www.pharmamedica.com

PHARMA MEDICA RESEARCH INC.

Continued from page 42 »

From left, Tom Ford White Suede, Idylle Guerlain and Féerie by Van Cleef & Arpels.

• Lola Marc Jacobs, a warm floral with fruity topnotes, a peony heart, and a vanilla and musk drydown, is for the quirky, upbeat girl with a great sense of fun, says Bendeth. "She's youthful, artistic and into fashion." 50 ml, $79 at drug and department stores, Murale and Sephora.

• Tom Ford White Suede spins on a light modern musk, blended with smooth suede, leather, rose and amber. A unisex fragrance, it appeals to "a confident, laid-back trendspotter, a woman with a phenomenal, eclectic yet simple sense of style," says Bendeth. Think minimalist approach with maximum impact. 50 ml, $210 at Harry Rosen.

Party perfume etiquette

If as you're reading this on the way to the office you're choking on someone's too-strong, sexy perfume, your travel-neighbour is practicing poor perfume etiquette. According to Marian Bendeth, global fragrance expert and owner of a consulting business called Sixth Scents, there are a few rules to keep in mind when it comes to evening fragrance, especially this office-to-party time of year.

Do not apply your evening scent before 9 a.m.: "It's too powerful for office wear," says Bendeth. Instead, wear your everyday fragrance to work, then when prepping for after-five fun, use soap and water or a pre-packaged alcohol swab to remove it before putting on your evening selection. Alternatively, you might choose from a collection that has an eau de toilette version you can start with in the morning, and touch up with a headier, 'Intense' eau de parfum version of the same fragrance for night.

Apply perfume before you get dressed: "Hold the bottle six inches from your body and pump the atomizer just once," advises Bendeth. Spraying your clothes could damage the fabric, as well as result in an over-powering application.

Think intimacy: Fragrance is designed to be alluring, not to shout from the next room. "People further than an inch away from you shouldn't be able to smell your perfume," Bendeth says. If you're applying a lot because you can't smell it yourself anymore, it's time to switch up your scent, to introduce your nose to something else.

JANINE FALCON/ FOR METRO CANADA

FLIGHT CENTRE® Unbeatable

Christmas Airfares

Orlando
$149
Travel Dec 18 - Dec 26/ts/5g + taxes & fees $237

Chicago $218
Travel Dec 21 - Dec 28/pd + taxes & fees $116

New York $238
Travel Dec 21 - Dec 27/pd + taxes & fees $116

Cancun $378
Travel Dec 24 - Dec 31/5g + taxes & fees $272

Airfares

Ft Lauderdale $69
Travel Dec 6 - Dec 13/ts + taxes & fees $217

Jamaica $105
Travel Nov 27 - Dec 4/wg + taxes & fees $268

Vancouver one-way $179
Travel Dec 2/ws + taxes & fees $65

Cozumel $205
Travel Nov 29 - Dec 6/wg + taxes & fees $277

Los Angeles $419
Travel Dec 2 - Dec 9/aa + taxes & fees $123

Paris $429
Travel Jan 25 - Feb 2/ua + taxes & fees $407

Santiago $699
Travel Jan 25 - Feb 9/la + taxes & fees $237

Delhi $799
Travel Jan 26 - Feb 11/lh + taxes & fees $424

All-inclusive Vacations

Punta Cana
3 Nights 4-Star
$388
Blau Natura + taxes & fees $322
Departs Dec 3/sgn/5g/ts.

Puerto Vallarta 7 Nights 4-Star $397
Royal Decameron Complex + taxes & fees $272
Departs Nov 26/nol/ts.

Cancun 7 Nights 4-Star $465
Oasis Cancun + taxes & fees $277
Departs Dec 1/swg/wg.

Puerto Plata 7 Nights 4-Star $467
Grand Playa Dorada + taxes & fees $320
Departs Dec 5/nol/5g.

La Romana 7 Nights 4-Star $497
Catalonia Gran Dominicus + taxes & fees $321
Departs Nov 27/nol/ts.

Mayan Riviera 7 Nights 4-Star $548
Sandos Caracol + taxes & fees $272
Departs Dec 4/sgn/5g.

Jamaica 7 Nights 4-Star $597
Holiday Inn Sunspree + taxes & fees $269
Departs Nov 30/nol/5g.

St Maarten 7 Nights 4-Star $868
Sonesta Maho Beach + taxes & fees $241
Departs Nov 28/vat/5g.

Vacations

Fort Lauderdale
Air + 3 Nights
$215
Ramada Hollywood Beach Resort + taxes & fees $238
BONUS car rental with unlimited mileage included.
Departs Dec 10/swg/wg.

Orlando New Years Eve Family Special
Air + 3 Nights $340*
Holiday Inn Maingate + taxes & fees $238
BONUS car rental included. Departs Dec 31/swg/wg.

Chicago Air + 3 Nights 4-Star $479
Sheraton Chicago + taxes & fees $98
Departs Jan 7/ggv/aa. ADD Chicago City Pass for $79.

Boston Air + 3 Nights 4-Star $499
Fairmont Copley Plaza + taxes & fees $98
Departs Jan 21/ggv/aa. ADD Boston hop on, hop off tour for $38.

Myrtle Beach
Air + 3 Nights 4-Star $599
Kingston Planatation + taxes & fees $113
Departs Jan 14/ggv/us. ADD 3-day car rental for $49 per day.

Egypt Air + 6 Nights + Activities $1359
Oasis Cairo and Nile Palace + taxes & fees $394
INCLUDES 3 nights in Cairo, 3 nights in Luxor, daily breakfast, Pyramid & Sphinx tour and half-day tour of the East Bank. Travel Jan 26 - Feb 1/ggv/os.

Cruise Vacations

Western Caribbean
Air + 1 Night + 5-Night Cruise
$499
Norwegian Dawn + taxes & fees $315
INCLUDES air to Fort Lauderdale, depart & return car rental, accom in Miami Beach at Deauville Beach Resort and balcony stateroom.
CRUISE roundtrip Miami and visit Grand Cayman and Cozumel. Departs Dec 12/ncl/vat/ts.

Eastern Caribbean
Air + 7-Night Cruise $699
Norwegian Pearl + taxes & fees $331
INCLUDES air to Fort Lauderdale, airport transfers and oceanview stateroom. CRUISE roundtrip Miami and visit Samana Bay, St Thomas, Tortola, Great Stirrup Cay. Departs Nov 28/ncl/vat/ts.

Southern Caribbean
10-Night Cruise $783
Norwegian Dawn + taxes & fees $85
CRUISE roundtrip Miami and visit Samana Bay, Tortola, Antigua, St Lucia & St Kitts. Sails Dec 4/ncl.

Australia 10-Night Cruise $1349
Rhapsody of the Seas + taxes & fees $61
CRUISE roundtrip Sydney and visit Airlie Beach, Cairns, Port Douglas, Willis Island & Brisbane. Sails Dec 11/rcl.

1 866 485 7092 | flightcentre.ca

PERFECT HOLIDAY PROMISE† Enjoy your holiday or we'll give you $100 towards another one!

Conditions apply. Ex:Toronto. USA and international air only prices are per person for return travel unless otherwise stated. Domestic air only prices are per person for one-way travel unless otherwise stated. Package, cruise, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. vat/ts=transat, swg/wg=sunwing, pd=porter, 5g=skyservice, ua=united, aa=american, ws=westjet, tk=turkish, lh=lufthansa, la=lan, ggv=gogo, sgn=signature, c6=canjet, nol=nolitours, ncl=norwegian, rcl=royal caribbean, os=austrian, sgn=signature, us=us airways. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

TICO

Pizza cooking tips
Preheating a baking sheet helps make a crispy pizza crust. Use a pizza stone instead if you have one. If you have perforated pizza pans, you don't need the hot baking sheet. THE CANADIAN PRESS

Food

A new "kid-friendly" symbol appears on 12 of the 27 recipes featured in the 2010 Milk Calendar. THE CANADIAN PRESS

Free recipes

View the 2010 Milk Calendar online at MyMilkCalendar.ca. All 27 new recipes (including the Presto Pizza, pictured left) and video cooking demonstrations of the 13 monthly recipes will also be available.

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

A comeback...

Even though we won't be saying adiós to the first decade of the 21st century for a few weeks, I believe it's never to early to reminisce — especially when so much has changed across the liquor landscape.

Back in the good old days of 2000, wine's wave of popularity was tsunami-sized with Australia hanging 10 and South Africa finally up on its board after some bumpy post-apartheid years. Ten years later both countries are treading water as easy-drinking, cheaper juice from South America floods store shelves.

From South Africa comes **Boekenhoutskloof's The Wolftrap 2008** ($13.95 - $14.99): A union of two red grapes (syrah and mourvèdre) and one white (viognier) that's packed with soft smoky, meaty aromas and balanced flavours of cherry, chocolate and black pepper.

Nugan Estate's 2007 Cookoothama Chardonnay ($12.99 - $15.99) is a lightly oaked Aussie white with bright, tropical fruit and a hint of herbal spice that, like The Wolftrap, would make nice with next month's big holiday feast.

Personal Gourmet recipe of the month

ROSE REISMAN

Diabetes-friendly fare

November is Diabetes Month. There are three million people living with Diabetes Type 2 in Canada and those numbers are rising quickly.

Children and teenagers are also getting this serious disease, due to unhealthy eating and sedentary lifestyles. Did you know that you could prevent or reduce the risk by as much as 60 per cent if you just ate a healthier diet and introduced exercise to your life? It's that easy.

Here are some diabetic-friendly recipes to get you started. It's no longer about cutting out certain foods, but eating them in moderation and balancing them throughout your day.

Rose's lower fat Philadelphia cheese steak

Philly steaks, grilled thin steak topped with loads of cooked vegetables and cheese, are all the rage now in Canada. Naturally they originated in Philadelphia.

MAKES 8 HALF SANDWICHES

INGREDIENTS:

- 2 tsp vegetable oil
- 2 cups sliced onions
- 2 tsp crushed garlic
- 2 tsp brown sugar
- 1/8 tsp salt
- 1/8 tsp freshly ground black pepper
- 1 cup sliced red bell pepper
- 1 cup sliced green bell pepper
- 8 oz grilling steak
- 2 oz grated provolone or Gruyère cheese (3/4 cup)
- 2 Tbsp lower-fat mayonnaise
- 3 Tbsp lower-fat sour cream
- 2 tsp grated horseradish
- 4 small whole wheat rolls (6-inch)

Miniature New York-style cheesecakes.

METHOD:

Preheat oven to 425°F. Line a baking sheet with aluminum foil.

1. In a large non-stick skillet sprayed with vegetable spray, heat the oil then add the onions. Sauté for 8 minutes on medium heat. Add the garlic, brown sugar, salt, pepper and bell peppers. Sauté for another 5 minutes. Keep warm.

2. In a hot non-stick grill or skillet sprayed with vegetable spray, cook the steak just until done to your preference. Cool for 5 minutes then slice thinly. Add to the vegetable mixture.

3. Combine the mayonnaise, sour cream and horseradish. Spread thinly over both sides of the rolls. Divide the mixture between 4 rolls, sprinkle with cheese and replace the top half of the bun. Slice in half. Bake for 5 minutes.

Rose's lower fat Philadelphia cheese steak.

Miniature New York–style cheesecakes

These petite cheesecakes are perfect for one serving and leave none to go to waste. They use Splenda not sugar, so they are diabetic-friendly. Feel free to substitute sugar if you wish. They can also be served sooner than a regular sized cheesecake, since they don't need the same amount of time to chill. Always be sure to bake the cheesecakes in a water bath — a pan filled with water — to keep them moist and to prevent them from sinking in the middle. Serve with fresh berries or a fruit-based dessert sauce. I often like to serve these with a drizzle of melted fruit sorbet, such as mango or raspberry.

SERVES 12

INGREDIENTS:

- 1 3/4 cups smooth 5% ricotta cheese
- 3 oz lower-fat cream cheese, softened
- 1/2 cup lower-fat sour cream
- 1 large egg
- 1 tsp pure vanilla extract
- 2 Tbsp freshly squeezed lemon juice
- 1 tsp lemon zest
- 3 Tbsp all-purpose flour
- 2/3 cup Splenda

Garnish
- Berries
- Icing sugar

METHOD:

Preheat oven to 350°F. Line a 12-cup muffin tin with paper muffin liners.

1. In a food processor, combine both cheeses, the sour cream, egg, vanilla, lemon juice, lemon zest, flour and Splenda and process until smooth and creamy. Divide the mixture among the prepared muffin cups.

2. Set the muffin tin in a larger pan or baking sheet with sides. Pour enough hot water into the pan to come one-third to halfway up the sides of the muffin cups.

3. Bake in the centre of the oven for 20 minutes.

4. Remove the muffin tin from its water bath. Let the tin cool on a wire rack. Chill for one hour. Garnish with berries and icing sugar.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

ADVERTISING FEATURE

WEAPON OF MASS REDUCTION

By Candace Mollins

...And then there was one

Figuratively speaking, it's the end of the road for me. At the end of Week 4 and on my final day of the Personal Gourmet meal plan, this is my final article about my fight with flab.

My Arsenal

Personal Gourmet is my weapon of choice. Like most people contemplating weight loss, I was looking for an "easy out." We've probably all heard the phrase with regard to weight loss, "it didn't come on overnight; it's not coming off overnight." True – nor should it if you really want to succeed with long-term weight loss sustainability.

But I found a secret weapon (not so much a secret now). There is an easy, fun and delicious way to lose a healthy, respectable amount of weight in a relatively short period of time. I am not lying – my pants are not on fire. However my colleagues might like to set me ablaze after enduring a month of me flaunting my delicious food in their general direction. I'm not popular right now with the envious crowd… and yet it occurs to me that this could be a whole separate issue. Hmmm.

Anyway, for the past 28 days, I've received three meals and two snacks freshly made and delivered to my door daily. The full day's intake totaled only 1300 calories. It sure didn't look or taste like it consisted of a mere 1300 calories!

A few of my favourite things

I feel compelled to spill the beans about some of my favourite meals (so many, but I'll try not to ramble too long so you don't drool all over my article):

- Crepes, stuffed with ricotta cheese and fresh fruit, drizzled with raspberry puree
- Scrambled eggs, turkey sausages, cantaloupe
- Grilled salmon, with pesto, crumbled feta, cranberry couscous, grilled broccoli & cauliflower
- New York Steak, edamame & charred corn salad, caramelized onion mashed potatoes
- Pizza, with roasted vegetables, pesto, fontina cheese, small Cesar salad
- Tex mex flank steak, roasted corn & black bean salsa, sweet potato mash, grilled tomatoes
- Chicken Curry, with rice and vegetables
- Lamb Burger with grilled tomato salsa, couscous, zucchini with grated parmesan

I don't have space to cover the snacks or lunches - they were great and there's a variety from which to choose. There are vegetarian and diabetic options for meals too.

That's a wrap

Where are those percussion instruments when I need a drum roll? Just do your best to imitate it in your head…drum sounds, drum sounds, drum sounds - I'm happy to report that at the end of Week 4, I've lost almost 12 lbs. It's so close to 12 lbs. I simply had to "round up" a couple of ounces to hit the 12 lb. mark. That's pretty good for a month's effort. That's an average three pounds lost a week. Wow, it appears that I'm a wiz at mathematics too!

I'm enjoying my healthy lifestyle and am ready to continue on this path by attempting to make some of the recipes from the meal plan (recipe dyslexia notwithstanding). The Rose Reisman Personal Gourmet food was a fantastic way to get me started. I'm excited to see how much I can lose by the Holidays. I wish those of you seeking a healthy weight loss experience, the same pleasure that I found with mine.

It's been a great ride so far. Thanks, Rose.

Eat like an Egyptian

Tut exhibit inspires food fit for a pharaoh

King Tut would be saddened to learn that Egyptian food is a rarity here in deliciously diverse Greater Toronto Area.

TORSTAR NEWS SERVICE

Koshari, Egypt's national dish of rice, lentils, macaroni, tomato sauce and fried onions. Available at Lotus Catering & Fine Food, located at 1960 Lawrence Ave. E. in Scarborough.

Still, the pharaoh could get a few key dishes from his homeland and visit a couple of grocery stores if he wanted to do the cooking.

Lotus Catering & Fine Food in Scarborough serves proper Egyptian falafels (made from split fava beans and herbs) and the famed rice and lentil dish, koshari.

You'll have to drive to Hamilton for Dalina's Foole Mudames (mashed fava beans) or to Waterloo for Almadina Egyptian Cuisine's extensive menu.

"We have so many Egyptian dishes, it is endless," says Almadina's owner Hend Lawendy. "I think there are fast food stores, but there is not enough authentic Egyptian cuisine in all of Ontario."

About 5,000 of Ontario's 20,000 Egyptians live in the GTA, with concentrations in Mississauga and Scarborough. An Egyptian grocery store, Botros Convenience, is in Mississauga.

Many Egyptian Canadians are excited to hear that King Tut: The Golden King and the Great Pharaohs will run Nov. 24 to April 18 at the Art Gallery of Ontario. The last Tut exhibit here was in 1979.

Mohamed Elhalwagy, president of the Nile Association of Ontario, says it's tough for Egyptian restaurateurs to compete with similar Middle Eastern cuisines such as Lebanese, Palestinian and Jordanian.

Elhalwagy is a big fan of Lotus Catering: "Although the store is very small, just a few tables and catering based, it is the best taste of Egyptian food."

Art Gallery of Ontario executive chef Anne Yarymowich knows what she would feed King Tut if he were alive and visiting Toronto.

"I was talking to the curator (David Silverman) and he said someone has researched the funeral menu for Tut. I would find out what that was and that's what I would serve him – his last supper."

Alas, it's not to be.

Instead, Yarymowich will offer Egyptian-inspired menu options at the Frank Gehry-designed restaurant Frank, at group cocktail receptions and lunch buffets.

She's giving starring roles to medjool dates, figs, pomegranates, pomegranate molasses, oranges and lamb on all the menus.

"More than serving traditional dishes, or being true to ancient Egyptian cuisine or even modern Egyptian cuisine, it's about evoking the flavours of that part of the world," explains Yarymowich. "(King Tut) being royalty and whatnot, abundance and an exotic feel will be part of the experience."

King Tut: The Golden King and the Great Pharaohs runs until April 18, so there's lots of room for creative dabbling. Yarymowich will change the prix fixe menu at Frank daily (lunch is $36, dinner $56), remaining mindful of the restaurant' s focus on local, seasonal and organic fare. TORSTAR NEWS SERVICE

Yummy mummy

- The AGO's café, Espresso Bar, will also play with Egyptian imagery with gingerbread camel and mummy cookies, and pyramid-shaped pastries, truffles and muffins.

Jackson hitches ride on UFO
Joshua Jackson will head up the cast of the Robert Evans-produced film adaptation of the TV show UFO. Jackson will play Paul Foster, a test pilot who joins a secret organization based beneath a film studio and dedicated to fighting aliens. **EMPIRE ONLINE.COM**

Entertainment

Acting honour

Rachel Weisz took top acting honours and Ian McKellen was recognized for a half-century in the theatre Monday at London's Evening Standard Theatre Awards.
THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

The sleeping Giant

Story of football obsessed fan finally hits the big screen

IAN GORMELY
for Metro Canada

Patton Oswalt plays a New York Giants obsessed super-fan in the new film Big Fan.

Given the massive success of The Wrestler, it's curious that the film's writer, Robert Siegel would choose to direct his followup script himself. Especially given his complete lack of experience.

"I honestly didn't know anything," he confesses while on the phone from his New York apartment. "When I decided to direct this I bought Film Making for Dummies, which is an underrated book in my opinion."

Although the movie stars comedian Patton Oswalt and there are some extremely funny scenes, the film is far too dark to be called a comedy. Oswalt plays a New York Giants obsessed super-fan in his mid-30s who still lives at home. He derives the bulk of his self-esteem from his ability to deliver cutting diatribes about his team on a sports call-in show.

"He's kind of a composite of guys," says Siegel. "Everyone who sees the movie says 'I know that guy.' The movies I like tend to have these types of characters, 70s character driven dramas about these sort of loner outsiders."

Siegel wrote the script back in 2002, long before The Wrestler, while he was still editor of long-running satirical newspaper The Onion.

Big Fan opens in theatres Friday

"I was looking for what was next, writing screenplays on the side at night. This was my first good screenplay, in my opinion and pretty much everyone else's."

The script made the rounds in Hollywood, floating from director to director. Eventually it landed in the hands of Darren Aronofsky who was originally slated to helm the project. Instead he asked Siegel if he'd be interested in writing a screenplay about wrestling.

Finally, on the script's fifth birthday, Siegel says "I decided to make the damn thing myself."

"There are directors who go to film school and know how to operate every piece of equipment on set. But then there are directors who don't know anything, but just know what they want," he explains. "By virtue of my total lack of experience, I was one of those directors."

He was lucky enough to have spent some time on set for The Wrestler. And even though pre-production for Big Fan overlapped with filming for The Wrestler, Siegel shied away from digging for advice from Aronofsky. "He was busy. I kind of left him alone. But I definitely watched."

DVD picks

Angels & Demons

Director: Ron Howard

IT'S A FUNNY thing about Dan Brown's books. They make great beach reads, but transformed to the screen, at least under the direction of the utterly vanilla Ron Howard, they come across as almost laughable.

The best that can be said about Angels & Demons is that it's more of a conventional thriller and less talky than its predecessor The Da Vinci Code, and that Tom Hanks is no longer getting his hair cut at Fort Apache.

Harvard symbologist Robert Langdon (Hanks), first seen in Da Vinci (although technically this one is the prequel), is the butter knife of action blades. He's a man so bland and nerdy, not even Tom Hanks's acting prowess can enliven him. He's completely uninterested in sex, even when he's close to steamy Ayelet Zurer, who succeeds The Da Vinci's Audrey Tautou as the brainy female sidekick.

Angels & Demons concerns a plot to blow up St. Peter's Basilica hatched by a secret society of Catholic fanatics called the Illuminati, who harbour a 200-year-old grudge.

Their weapon is a battery-powered anti-matter canister. Illuminati are also threatening to kill four top cardinals, one per hour, leading up to midnight. Oh, and there's a papal conclave going on, since the Pope just died, in less than providential circumstances.

An eyeball-rolling prologue sets up the film's science vs. religion subtext in the midst of an eyeball-gouging murder.

Peter Howell/for Metro Canada

Are you anxiously awaiting the settlement of your personal injury or disability claim?

Our Pre-Settlement Loans have assisted thousands of Canadians manage the litigation process.
Visit our website or contact us to learn more.

1 888 800 4966 BRIDGEPOINT FINANCIAL SERVICES INC.
www.bpfin.com

ORDER FUNNY PEOPLE FROM THE COMFORT OF YOUR SOFA.

FUNNY PEOPLE IS AVAILABLE TONIGHT ON CHANNEL 100 – THE SAME DAY AS THE DVD RELEASE.
You don't have to rush to the video store tonight. Order *Funny People* On Demand from the comfort of your home. All it takes is the push of a button, and there's no DVD to return.

AVAILABLE TONIGHT – CHANNEL 100

ROGERS ON DEMAND | CHANNEL 100
THE WAY TV SHOULD BE™

ROGERS™

Basic Cable and Digital Box required for On Demand programming. ™Rogers, Mobius Design and The Way TV Should Be are trademarks of or used under license from Rogers Communications Inc. or an affiliate. Funny People © 2009 Universal Studios and Columbia Pictures Industries, Inc. All Rights Reserved. Animated Universal Studios Logo © 1997 Universal Studios. © 2009 Rogers Cable Communications Inc.

Walmart
Save money. Live better.™
Connection Centre

Got contract-itis?
Get the Tab[1] from Koodo Mobile and say goodbye to fixed-term contracts.

Better Than Prepaid!
Don't Run Out of Minutes
No Top-Ups Required
No Fixed-Term Contract
Plans From $15 a Month
All Plans Include Text
Per-Second Billing
koodomobile.com
No System Access Fee.

$0 With the Koodo™ Tab[1] $74.83 retail price
Samsung U410
• Camera
• Speakerphone
#8710745/8710724
Activation Included.

$0 With the Koodo™ Tab[1] $123.83 retail price
MOTO VE440
• 1.3 megapixel camera
• MP3 player with microSD™ slot
#8714980
Activation Included.

$23.83 With the Koodo™ Tab[1] $173.83 retail price
LG Keybo
• 2.0 megapixel camera
• MP3 player
#8712551
Activation Included.

$23.83 With the Koodo™ Tab[1] $173.83 retail price
Samsung Slyde
• 2.0 megapixel camera
• MP3 player
#8714273
Activation Included.

koodo mobile™
Good call
Prices do not include taxes. (1) Subject to approved credit.

HSM brand off to China

Disney looking East to cash in on spin off

How do you say school's out in Chinese?

Disney is recreating its hit franchise film High School Musical in the East as it turns its attention to the millions of teenagers in the massive China market.

The announcement comes just weeks after the Burbank, California-based company said the Chinese government has approved plans for a Shanghai theme park.

Disney High School Musical: China will be a story of two friends who overcome odds to win an inter-school singing competition and marks Disney's third co-produced film in China after The Magic Gourd in 2007 and this year's Trail of the Panda and its sixth international co-production.

Featuring six newcomers, the film will be shot in Shanghai and is scheduled for a summer 2010 release, Disney said.

High School Musical started out as a TV movie that launched in the U.S. in January 2006 but went on to become a big hit internationally, airing in more than 30 languages in some 100 countries and turning Zac Efron into a household name, according to Disney.

Its sequel, also a TV movie, was also a success. Disney then released the third installment in movie theatres in October 2008, with High School Musical 3: Senior Year grossing $250 million worldwide.

High School Musical 3 grossed $250 million worldwide.

THE ASSOCIATED PRESS

Christine Cushing
Fearless in the Kitchen

Jane Lockhart
Colour Confidential

Candice Olson
Divine Design

IS YOUR LIFESTYLE A LITTLE LACKLUSTRE?
LET A W NETWORK EXPERT HELP YOU!

Are you a terrible cook, but ready to have Chef Christine Cushing turn you into a rock star in your own kitchen?

Are you living in a beige box, and need designer Jane Lockhart to inject some colour into your life?

Are you and your house desperate for a top-notch design intervention from designer Candice Olson?

If you want to be on TV and get the help of a W Network Expert, then tell us what your challenge is and what show is right for you!
Email: info@fusiontelevision.on.ca
or Visit: www.wnetwork.com/BeOnTv.aspx

W NETWORK™
FUSIONTELEVISION
W is a trademark of W Network Inc., © 2009 A CORUS™ Entertainment Company. ALL RIGHTS RESERVED.

King of comedy

Judd Apatow gets personal with Funny People

PHIL BROWN
for Metro Canada

Whether examining 40-year-old virgins, high school freaks and geeks, or neurotic comedians, writer/director Judd Apatow has proven himself to be a rare commodity in Hollywood: A comedy auteur with a personal vision that translates into box office success.

Over the last few years, Apatow has climbed to the peak of Hollywood comedy with films like Knocked Up that are as touchingly honest as they are gut-bustingly hilarious (the man can write a good fart joke when needed).

He has seduced audiences with his patented combination of dirty jokes and personal confession and Apatow's latest movie just might be his most personal project yet.

"I always wanted to do a movie about comedy because there are almost no movies about what it's like to be a comedian that work well," Apatow told Metro. This desire led to Funny People starring Seth Rogan as a struggling standup comedian who is taken under the wing of an abusive comedy superstar played by Adam Sandler.

It's a very personal story derived from Apatow's early years as a standup and his longtime friendship with Sandler. Apatow has been planning the project for years and the director quips that it may have run his tank dry: "I like making movies where I reveal myself and share my life experience, but I may be out of life experience at this point. So, the next movie might be about an Eskimo. That might be all I've got."

Judd Apatow's latest movie Funny People — now on DVD — stars Seth Rogan as a struggling standup comedian who is taken under the wing of an abusive comedy star played by Adam Sandler.

As with all of the director's work, Funny People comes to DVD with an extended cut of the movie along with hours of deleted scenes and outtakes.

Funny People is on DVD today

"I always tell the studio if they let me overshoot, there will be great stuff for the DVD," admits Apatow, who enjoys sharing extra material with home audiences. "You don't want to ruin the movie, but it is a different experience at home. You can pause when you have to go to the bathroom and don't mind that it goes a little bit longer."

With the bladder-busting constraints of the theater gone on DVD, audiences will get a chance to see even more of Apatow and his talented band of comic actors at work.

Recently Apatow has seen his stable of comedic actors like Seth Rogen, Paul Rudd, and Jason Segal become huge stars and while he enjoys their success, he admits that their collective fame might put an end to the ensemble.

"People grow up and want to do other things," admits the director. "But I hope that periodically we'll all get the chance to keep working together."

Tuesday Wednesday Thursday

Great Deals Every Tuesday!

Transat Tuesday

ONE DAY ONLY!
Valid Tuesday, November 24, 2009, 8am until midnight

VARADERO
$599
BARCELO MARINA PALACE PRESTIGE CLASS ★★★★½
7 NIGHTS ALL INCLUSIVE
FRI/SUN, DEC 4, 6, 11,
ADD TAXES $204

Barceló Cuba

IXTAPA
$799
MELIA AZUL IXTAPA CONVENTION CENTER & BEACH RESORT ★★★★½
7 NIGHTS ALL INCLUSIVE
MON, JAN 4, 11, 18, 25
MON, FEB 1 - 22, $899, ADD TAXES $320

Melia Azul Ixtapa México go!

transat HOLIDAYS

Book and travel by December 31st and receive one week free parking with Park 'N Fly or 1-night hotel stay at the Crowne Plaza Toronto Airport Hotel.*

CALL 1-866-286-9323 VISIT www.caasco.com/sun

CAA Auto Insurance Travel
Life-side Assistance

PARK'N FLY AIRPORT PARKING

*Terms and conditions apply. Please ask for more details. ® CAA and CAA logo trademarks owned by and use is granted by the Canadian Automobile Association. Ontario Registration #50014517, #50014518. CAA South Central Ontario, 60 Commerce Valley Dr. E., Thornhill ON L3T 7P9.

Flights are from Toronto via Air Transat, Canjet or Skyservice. Prices valid from 8am to midnight, no exceptions. Taxes & travel related fees are extra. Rates shown apply to new, individual bookings only, not valid on group bookings, not valid with any other offers, prices are per person based on double occupancy for durations shown and include all applicable savings. Prices are subject to change without notice. Space is limited. For full terms and conditions refer to Transat Holidays' Sun brochure. Transat Holidays is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in Ontario (Reg. no 50009486) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8.

HOLLYWOOD'S MOST IN-DEMAND STAR IS NOW ON DEMAND.

ANGELS & DEMONS IS AVAILABLE TONIGHT ON CHANNEL 100 – THE SAME DAY AS THE DVD RELEASE.
You don't have to rush to the video store tonight. Order *Angels & Demons* On Demand from the comfort of your home. All it takes is the push of a button, and there's no DVD to return.

AVAILABLE TONIGHT – CHANNEL 100

ROGERS ON DEMAND | CHANNEL 100
THE WAY TV SHOULD BE™

ROGERS™

Basic Cable and Digital Box required for On Demand programming. ™Rogers, Mobius Design and The Way TV Should Be are trademarks of or used under license from Rogers Communications Inc. or an affiliate. Angels & Demons © 2009 Columbia Pictures Industries, Inc. All Rights Reserved. © 2009 Rogers Cable Communications Inc.

New Moon weekend box office take almost tops Canadian record

The Twilight Saga: New Moon opened on 685 screens at 372 locations on the weekend, and had estimated three-day ticket sales of $11,200,000 — marking the second largest opening weekend for a theatrical release in Canadian history, says E1 Entertainment. METRO NEWS SERVICES

mogo
small loans. short terms.
no hidden fees.
borrow up to $1500 instantly!
HIGH FEES
mogomoney.com
» 9 out of 10 approved

BEING Erica
Catch a sneak peek of tonight's episode at cbc.ca/beingerica
Tonight at 9
CBC

SOCAN honours top homegrown talent

Tom Cochrane, Rush, Stompin' Tom Connors and Kardinal Offishall were among those honoured by the Society of Composers, Authors and Music Publishers of Canada at its 20th annual awards gala last night.

Connors, the 73-year-old country-folk legend who issued his 50th album in 2008, was given a lifetime achievement award for outstanding success throughout his career.

Rush, meanwhile, took the international achievement honour after another successful year of touring and the release of Snakes & Arrows Live, while Rita MacNeil received the national achievement award for success in the Canadian music industry over her career.

SOCAN award-winning artist Tom Cochrane

SOCAN, which is the Canadian copyright collective for the communication and performance of musical works, also dispensed awards for the songs that received the most domestic radio play in 2008.

Finger Eleven of Burlington, Ont., were recognized for I'll Keep Your Memory Vague while also taking the award for international song for Paralyzer, which reached No. 6 on the U.S. charts and was certified double-platinum there in 2008.

Kardinal Offishall's Dangerous took the urban music award after winning the Juno Award for single of the year in March. The song reached No. 2 on the Canadian charts

The society also recognized songs that have been played 100,000 times on Canadian radio, including five tunes penned by Cochrane.

THE CANADIAN PRESS

Apartment Finder

To advertise contact Jason Saddler at 416-443-4394

Warden & Finch
20 Stonehill
NEW MANAGEMENT
3 bdrms & 3 bdrms + Den
• Completely updated suites • Brand new kitchens & bathrooms • 2 bathrooms • Close to EVERYTHING
416.498.8725
apts@prestongroup.ca
prestongroup.ca

EGLINTON-KIPLING
35 & 53 Warrender Ave.
1 Bdrm from $980
2 Bdrm from $1,145
Immediate & Later
Beautiful treed setting, near schools, TTC, 427/401, airport, shopping, C/AC avail, Prkg, Hydro, Indoor Pool, Fitness Facility, Security
1 MONTH'S FREE RENT
APPLY 1450 KIPLING,
S.W.OF EGLINTON 416-231-2003
WWW.PRINCESSMGMT.COM

UPTOWN
DVP & YORK MILLS
1200 & 1202 York Mills
Newly Renovated 2 Bedroom Suites
From $1177/mth.
Close to York Mills & Sheppard Subway • Easy access to 404, 401, 407 & DVP • Minutes to Fairview Mall • Tuck shop, Daycare & Hair Salon on site • TTC at your door
416-449-9910
Rentalsyorkmills@sterlingkaramar.com
www.sterlingkaramar.com

DOWNTOWN
BLOOR & DOVERCOURT
730 Dovercourt
LRG Bach, 1 & 2 Bed Suites
From $857/mth.
Walk to Ossington & Dufferin Subway • Walk to Wal-Mart & Dufferin Mall • Minutes to U of T • Lovely views of the Lake • Beautifully Landscaped
416-534-1139
Rentalsdoversquare@sterlingkaramar.com
www.sterlingkaramar.com

Pharmacy & Danforth Ave.
1 & 2 bdrms from $835
Utilities included, refreshed suites, close to subway, shops
MOVE-IN BONUS ON SELECT SUITES
9-5 Mon-Fri 12-5 Sat & Sun
416.698.7233 • 416.694.3187
WWW.PRINCESSMGMT.COM

JANE/STEELES
310/320 Niska Road (north york)
FRESHLY PAINTED AND WELL MAINTAINED
Spacious 1, 2 & 3 bdrms from $735/mo.
UTILITIES INCLUDED
Walk to York University
Parking Available
Large balconies
Call 416-720-9500

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

PFS Loan Centre
Need a loan?
Bankrupt, Proposal or Past Bad Credit?
Why pay sky high payday loans? Our rates are affordable!
Think smart. Think Prudent.
Car paid off? (6 years or newer - up to $15,000)
Personal loan (1 yr. on job, $15/hr min. req.)
Rebuild your credit!
PrudentLoanApprovals.com 416.634.2013

SkylarkMortgages.ca
Since 1977
1st, 2nd, 3rd Mortgage Money Available
Residential/Commerical
Renovations/Tax Arrears
Self-Employed/ No Income
Any Credit/Power of Sale
APPROVAL BY PHONE • CALL STEVE
416.824.3260
MORTGAGE LIC.# 10241

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*Terms and conditions apply Lic# M08000730
www.mortgagegenie.org
416-667-9834

MONEY PROBLEMS?™
No need for BANKRUPTCY
Make one small monthly payment for all your Debts!
Call Now: 310-7700 (no area code required) visit: www.gta-credit.com

BROKERS NATIONAL 500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660

LOANS LOANS LOANS
Borrow up to $10K
MONEY SAME DAY!
Not so good credit ok!
Must have credit cards for over two years
416-221-2345

Debt Relief
Are you struggling with debts?
Let us help you:
• settle your debts without a bankruptcy
• reduce your debts by more than half
• only one low monthly payment
• no interest, stops garnishment
Nona Ramcharan
Estate Administrator
Credit Counsellor
Free Confidential Consultation
Direct Line:416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements: Offices in North York, Scarborough & Mississauga
Tel: 416-665-DEBT

MORTGAGE APPROVED!
• 1st and 2nd Mortgage for any purpose
• Purchase or re-finance up to 95%
• With rates at historic lows, now is the time to re-finance your home!
• Consolidate cards into one payment
• Self-employed? No income qualifying?
• Good, bad or no credit?
• Behind in Mortgage Payments?
CALL TODAY FOR DETAILS
COMMERCE VENTURES
416-913-9593
OR 647-273-5626
License # 10734

Visit metronews.ca to watch metrotube of the day

BDO BDO Dunwoody Limited
Get out of debt without going bankrupt
• Reduce amount you must pay back
• Consolidate debt
• Stop interest
• Protect your assets
bdodebthelp.ca
Locations throughout the GTA
1 800 561-DEBT (3328)
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

DO IT ONLINE. NOT IN LINE.
See online movie showtimes, trailers, reviews and purchase tickets at metronews.ca/movies

PSYCHICS

AMED SPIRITUAL HEALER
Meet people and find love.
Return of loved ones, harmony in the family. Protection against bad luck and evil spells. Sexual impotence, have success in business.
Spiritual healing through meditation, end alcohol consumption.
You must make the first move. Never let the pain take over you.
Consult immediately - 100% results in 48 hour
(416) 390-9746

CAREER TRAINING

Become a PSW
Flexible hours
PERSONAL SUPPORT WORKER PROGRAM
ABMCollege.com
(416)913-4700
705 Lawrence Ave. W/ Allen Rd.

DIVORCE

www.divorce-advice-ontario.com
Register for our FREE family law seminar
Wed. Nov. 25th, 6:30-8:30pm
808 Mount Pleasant Rd.
Get free legal guidance from the city's top family law lawyer.
Call us to reserve your seat, space is limited.
416 966 5933

SIMPLE (UNCONTESTED)
DIVORCE
ezdivorce.ca
1-888-EZ-EZ-123
3 9 3 9
Lawyer-prepared and filed for you
Member Better Business Bureau

NEED SOME WATERCOOLER TALK?
Visit metronews.ca to watch metrotube of the day

LEGAL

CRIMINAL DEFENCE LAWYER
with 20 years experience
Will defend you on all criminal charges including:
All Sexual Charges • Drug Charges • Weapons Charges
GERRY MAZZA | 416 902 9810

Brangelina donated close to $7 million in 2008
In 2008, Brad Pitt and Angelina Jolie gave more than $6.8 million to charities, according to the Hollywood Reporter, which has obtained a 2008 tax return for their Jolie-Pitt Foundation. That's more than double what they gave in 2007. USMAGAZINE.COM

50 Cent taps into 'dark reflections' on new album

To create an album as hard-hitting as his multiplatinum-selling debut, Get Rich or Die Tryin', 50 Cent says he had to tap into the troubles he dealt with before he became one of hip-hop's biggest stars.

So, the 34-year-old rapper wrote about life before he was rich and famous on his fourth studio CD, Before I Self Destruct, released this month.

"I don't know why but for me personally, pain is more monumental than joy. I can tell you the last time I was in a really hurtful situation faster than I can pinpoint the last time I was laughing," he said.

The new CD — which saw many release dates and delays — features collaborations with usual suspects like Eminem and Dr. Dre, as well R. Kelly, Polow Da Don and Ne-Yo, who appears on the latest single, Baby By Me.

Q In light of your song Baby By Me, if you could pick a celebrity to be your "baby mama," who would it be?

A That would probably be an easier question for someone who isn't a celebrity. I don't know. Maybe I'd have an interracial relationship with Megan Fox... I'll get me some Jada and walk around like I'm Will (laughs). Maybe, who else? I'm not really excited by celebrity because I'm a celebrity. People who have a little bit more normalcy can't understand exactly what it is, but you get accustomed to it and it becomes less interesting.

Q You say this album is darker and more reflective. Talk about that.

A The album itself is darker because it reflects on my experience prior to Get Rich or Die Tryin', so it's almost the prequel to Get Rich...What I'm drawing from in my experiences is a real young aspect of things, and there's an innocence to it. The portion of life that a child can't actually assess. And I write it in my way from an adult's perspective. It just sounds interesting, but I'm utilizing that youthful mentality in order to create it.

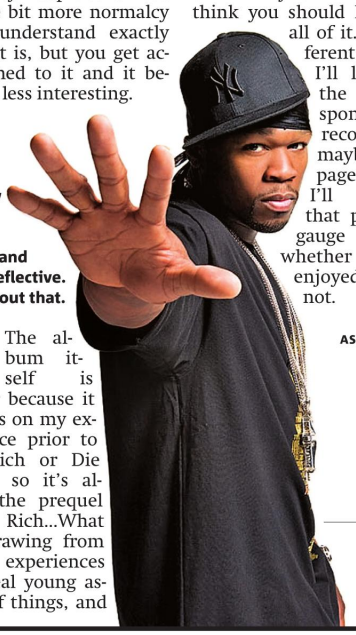
Q Do you pay attention to the public opinion?

A I'll consider it, but I don't respect everyone's opinion. If I did I'd be a nut case. I'd be one of those people they've already seen self-destructing. ... Britney Spears is a great example because they made a great show out of it when she shaved her head. She was going through her own personal issues and it obviously was a public issue because of the coverage. But they made that the greatest show on earth, seeing her spin out of control... I know they want me, they want the rest of us to be under those circumstances.

Q How do you make sure opinions don't affect you negatively?

A I'm aware. I'm involved. I'm conscious of what goes on the Internet, different things. Everybody's tough at the keyboards; can't nobody hurt them, can't nobody do nothing to them... everybody has an opinion on the keyboard... I don't think you should look at all of it. At different points, I'll look at the response to records, maybe a page, and I'll allow that page to gauge whether they enjoyed it or not.

THE ASSOCIATED PRESS



50 Cent

Mix of Six

Concert

John Mayer performs at the Sound Academy, 11 Polson St., at 9 p.m. Tickets are $80. ticketmaster.ca.

Holiday

St Christopher House, 248 Ossington Ave., is hosting a Christmas bazaar otday and tomorrow, with handycrafts and more. It's not too early to start your holiday shopping, and these original arts and crafts are a nice touch under any tree. Free.

Benefit

Portraits of celebrities will be auctioned of at Joyner Waddington's, 111 Bathurst St., at 6 p.m. as part of the Star Portraits benefit to help local charities. This time you get to gawk for a good cause. Free.

Food

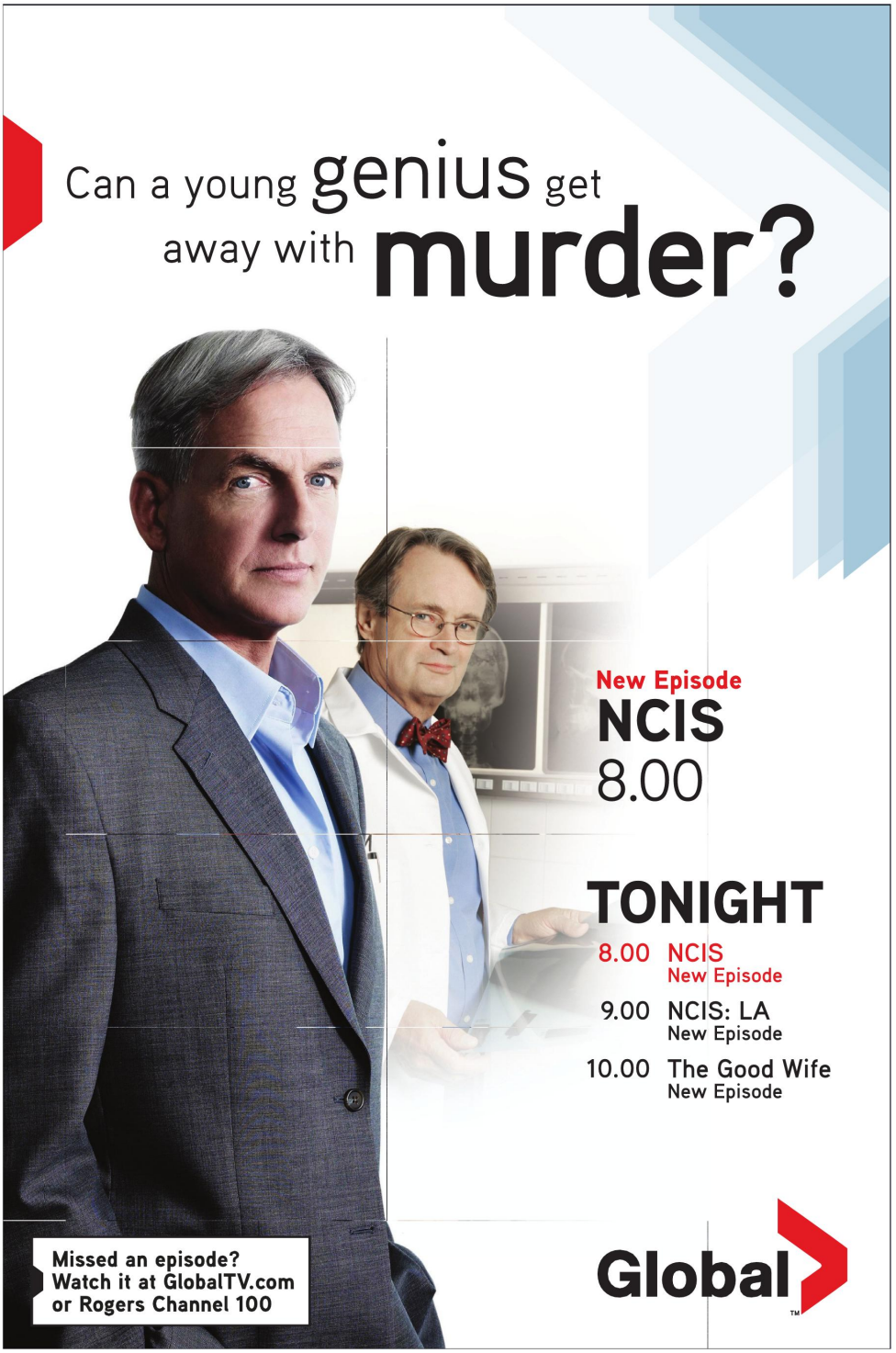
Things get cooking at the Gardiner Museum of Ceramic Art, 111 Queen's Park, with Slow Cooker Comfort author Judith Finlayson giving a talk at noon. Come take in the aromas as you listen to her speak about the delights of a slow cooked meal. ($15, includes a meal).

Music

New wave legends Devo perform their second of two nights at Phoenix Concert Theatre, 410 Sherbourne St., at 8 p.m. ticketmaster.ca.

Film

The Eh! U European film festival continues through Dec. 2 at various cinemas around the city. Lineups have been long so you may want to get there early. eutorontofilmfest.ca.



TV Babies!

"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."

"We need cute babies and toddlers and boys and girls up to 16!"

Phones are open now for parents to list babies and kids. Dial (416)

925-6140

YOU COULD

WIN

A LOVE ETC... PRIZE PACK!

The Body Shop proudly presents Love Etc..., the world's first Eau de Parfum made from community trade alcohol sourced from organic sugar cane in Ecuador.

ENTER FOR YOUR CHANCE TO WIN!
metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes December 30, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro

Fox shows up at Parkinson's event

Michael J. Fox surprised fans at a Parkinson's Disease event on Saturday by performing alongside rockers Steven Tyler and Elvis Costello. FEMALEFIRST.CO.UK

Michael Jackson's final Opus

New book takes a look at who the man behind the music was

Artist Nate Giorgio recalls the last time he saw Michael Jackson, just days before the singer's death.

The pop icon wanted Giorgio to create dazzling murals of his children as well as artwork for his This Is It concerts, and Giorgio got out his pen during their talks.

"I was doing little drawings on the spot of him, and he loved it," says Giorgio of his black-and-white sketches. "He was great, he was really excited."

Those never-before seen sketches, as well as other rare artwork and photos of Jackson, are now part of a lavish new leather-bound book, The Official Michael Jackson OPUS, out Dec. 7.

The book, the only publication officially sanctioned by Jackson's estate, not only contains unseen images of perhaps the world's most famous face, it also has essays about the superstar written by friends and those who worked with Jackson over the years, from Motown founder Berry Gordy and Paula Abdul to John Landis and David Blaine.

The Official Michael Jackson OPUS will be released Dec. 7.

While many Jackson books have been printed since Jackson's June 25 death at age 50, Jeff Wald, president of OPUS Media Group, which published the book, says his stands out.

He and his team decided "this would not be a red carpet sound bite kind of a book," he says. "It wasn't about, 'Yeah, he's a great singer, a great dancer.' It was much more in depth about the human being that he was."

To that end, OPUS executive vice-president Jordan Sommers elicited essays that weren't quite tributes, but personal reflections. Some talk about Jackson the jokester; others recall his artistic genius; still others reflect on his friendship.

"It wasn't about, 'Yeah, he's a great singer, a great dancer.' It was much more in depth about the human being that he was."
Jeff Wald, president of OPUS Media Group

"There's a lot of information from the book that comes directly from sources that will clear up a lot of misconceptions," he says. "There are stories told directly from the likes of Smokey Robinson (and others) that they've never told before."

The photos, some of which were provided by friends like Gordy, range from Jackson's childhood to his many transformations as an adult.

THE ASSOCIATED PRESS

primetime 11/24/09

to	Vu	SD	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		East West 101 (N)		Darwin & the Tree of Life		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Child's Play" (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News Final
	215	343	4	OMN1	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		The Biggest Loser (N)				The Jay Leno Show (N)		News
	212	313	8	CTV	etalk	Hollywood	V (HDTV) (N)		(9:01) Dancing With the Stars Winning couple.				CTV News
	218	345	11	CHCH	*Best in Show* ★★★ (2000, Comedy) Michael Hitchcock.				*Tomcats* ★ (2001, Comedy) Jerry O'Connell, Jake Busey.				News at 11 (N)
	-	-	14	-	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	TBA
	213	326	15	SUN	The Insider (N)	George Lopez	World's Most Amazing Videos		To Serve and Protect		The Insider	Argos Access	Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Child's Play" (N)		NCIS: Los Angeles (N)		The Good Wife (N)		News 4 at 11
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				The Jay Leno Show (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	V (HDTV) (N)		(9:01) Dancing With the Stars Winning couple.				News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	So You Think You Can Dance (HDTV) (N)				Wife Swap		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	So You Think You Can Dance (HDTV) (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Foot in Grave	Nova (HDTV) (N) (DVS)		Frontline (N) (DVS)		Your Life, Your Money		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place "Grand"		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	Frasier	The Office	Name Is Earl	Frasier
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	CNN Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		Coca-Cola: The Real Story		Executive Vision		Biography on CNBC		Mad Money
sports	405	417	22	net	Over the Bolts	UEFA Champions League Soccer Teams TBA. (HDTV)					Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	NHL Hockey Columbus Blue Jackets at Montreal Canadiens. (Live)					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Ghost Hunters International		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters International		Bounty Hunter
	417	406	81	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pass Time
family	551	542	25	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
	554	544	45	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Old Christine	Friends	Friends	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked		Younger
	570	580	29	MM	One Tree Hill		Love Court	Video on Trial	disBAND	Video on Trial	MuchNews	My Date With...	One Tree Hill
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Hoarders "Patty; Bill"		Hoarders "Tara; Betty"		Hoarders
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	David Rocco	RIS - Delitti Imperfetti		George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage	Wild 'n Out	mmtop10.ca
	575	583	38	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons
	616	521	39	SHO	The Outer Limits		*The Perfect Assistant* (2008, Drama) Rachel Hunter.				Bones (HDTV)		NCIS
	620	523	40	BVO	Death and The Maiden		Live at the Rehearsal Hall		Bruce Cockburn		Cantata for the King		Law & Order
	601	562	41	SLC	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada
	522	506	43	HIS	Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Sister Act* ★★ (1992, Musical Comedy)		
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Coming to America* ★★★ (1988, Comedy) Eddie Murphy, Arsenio Hall.					Monica: Still	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV) (N)		Fringe "August" (N)		InnerSpace (N)
	581	566	52	MTV	Peak Season	After	Super Sweet	The City	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy	'70s Show	'70s Show
	603	561	56	FOOD	Ricardo	Exotic	Restaurant Makeover		The F Word (N)		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Hallelujah!	Dinnerladies	*Inherit the Wind* ★★★ (1960, Drama) Spencer Tracy, Gene Kelly.				
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby
	526	507	249	VIVA	Cold Case		Missing "Mr. Nobody"		The Closer "Slippin'"		Cold Case		Psychic Inv.
	300	601	301	M1	(7:15) *The Necessities of Life* (2008, Drama)				*There Will Be Blood* ★★★★ (2007, Drama) Daniel Day-Lewis.				
	305	612	306	PIX	(7:15) *Formula 51* ★★ (2001, Action), Robert Carlyle				*The Grifters* ★★★ (1990, Crime Drama) John Cusack.				*Palais Royale*
	520	-	-	DISC	Daily Planet		How It's Made	How It's Made	Destroyed	Destroyed	Time Warp (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Sexiest Body	Tahiti Model	FashionTele	RAW	Canada's Next Top Model		Next Top Model		Pretty Wicked

critics'corner

Inherit the Wind
Courtroom titans clash over evolutionary theory in this still-gripping 1960 retelling of the Scopes "Monkey" Trial of 1925, as adapted from the hit play. Spencer Tracy gives an Oscar-nominated performance as the defense attorney; Fredric March portrays the prosecutor. 9 PM on V

NCIS
Gibbs and his team are forced to put their Thanksgiving plans on hold after the horrific death of a Marine leads them to a government think tank that employs child prodigies, where a 12-year-old might be the killer's next target. Gabriel Olds, Lisa Sheridan and Madeline Carroll guest star in the new episode "Child's Play." 8 PM on GTV CBS

The Good Wife
Alicia must navigate carefully through the minefield of office politics when she's assigned to represent a partner in the firm on a charge of driving under the influence. Meanwhile, she starts to question whether Peter is guilty of corruption in this new episode. 10 PM on GTV CBS

U2 headlining Glastonbury for first time

MUSIC Organizers say U2 will headline Glastonbury, Britain's leading summer music festival.

Festival Tboss Michael Eavis said yesterday that the Irish rockers will play the festival's main stage on June 25.

Bono

It will be U2's first appearance at the event, and comes as Glastonbury celebrates its 40th anniversary.

Eavis said he was delighted to have "the biggest band in the world" in the lineup and promised "more surprises in the pipeline."

Glastonbury was founded in 1970 and is held on Eavis' farm in southwest England. It is famous for its eclectic lineup.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

J.'Low' hits the ground at AMAs
Jennifer Lopez took a spill during her performance at Sunday's 2009 American Music Awards. While performing her new song Louboutins, she climbed a stair of dancers and jumped off — landing on her butt instead of her feet. POPEATER.COM

Celebrity Buzz

Lambert blasts his AMA critics

A KISS IS JUST A KISS? Adam Lambert is making no apologies for his racy performance during Sunday's American Music Awards, usmagazine.com reports.

While closing the show with his new single For Your Entertainment, the American Idol alum, 27, simulated fellatio with a male dancer, kissed straight male keyboardist Tommy Ratliff, grabbed his crotch and flipped off the crowd.

(According to Rolling Stone, Lambert didn't clear the kiss with anyone in advance; he told CNN the smooch happened "in the moment.")

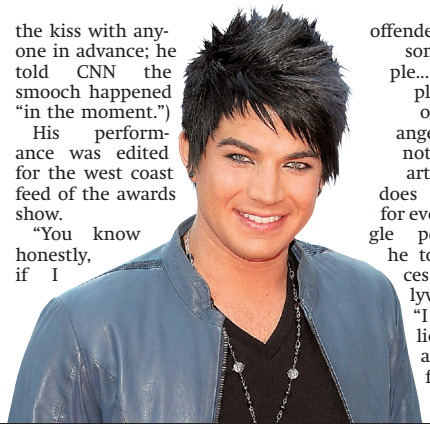
His performance was edited for the west coast feed of the awards show.

"You know honestly, if I offended some people... it's apples and oranges. I'm not an artist that does things for every single person," he told Access Hollywood. "I believe in artistic freedom and expression, I believe in honoring the lyrics of a song, and those lyrics aren't really for everybody either."

He also said he considered editing his performance "discrimination."

"There's a big double standard, female pop artists have been doing things provocative like that for years, and the fact that I'm a male, and I'll be edited and discriminated against could be a problem," he explained.

METRO NEWS SERVICES



Are Brangelina adding to their family brood?

THE BRANGIE BUNCH Rumors have been circulating that Brad Pitt and Angelina Jolie are planning to expand their family with another adoption, possibly from Syria or Jordan. Now the famous parents are only helping fuel speculation.

The pair hit the Los Angeles Museum of Contemporary Art last week, where Jolie said, "I'm always thinking about it. I would love to," when asked about adopting another child, according to Hello magazine. Brad even chimed in, adding, "Yeah, you never know."

METRO WORLD NEWS

Celebrity tweets

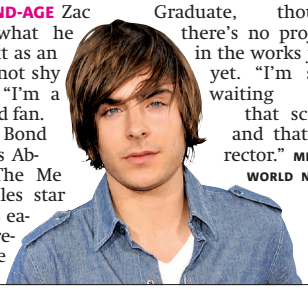
John Mayer is looking to the future, Demi Moore is sick of all the talk about her W cover photo, John McCain is gearing up for battle, and Kirstie Alley will be with you in a moment.

- @johncmayer I'm the George W. Bush of love: I may not have anything to show for myself now, but history will prove me a hero.
- @mrskutcher U know what is obscene is U judging what is my actual shape!
- @SenJohnMcCain getting ready to vote on the "health care reform bill" at 8pm. D's have the votes but the fight as just begun.
- @kirstiealley Just pulled up to starbucks. So sorry. Please hold on.

METRO WORLD NEWS

Efron sets sights on 007

DREAMS OF BOND-AGE Zac Efron knows what he wants to do next as an actor, and he's not shy about sharing. "I'm a huge James Bond fan. I'd love to be a Bond baddie," he tells Absolute Radio. The Me and Orson Welles star also admits he's eager to star in a remake of The Graduate, though there's no project in the works just yet. "I'm still waiting for that script and that director." METRO WORLD NEWS



Miley's birthday bash a blast from the past

PARTY IN THE U.S.A. Miley Cyrus turned 17 yesterday, and she reportedly celebrated last week with a surprise '80s-themed party at New York City's Canal Room that featured a performance by the cast of the Broadway show Rock of Ages and an elaborate cake designed by Buddy Valastro, the star of TLC's Cake Boss, according to People magazine. "They didn't want a girly girl cake," Valastro tells the magazine. For the party, Cyrus reportedly dressed as Julia Roberts' character from Pretty Woman.

METRO WORLD NEWS

Winehouse set to remarry ex?

BACK TO BLAKE Amy Winehouse and Blake Fielder-Civil are reportedly planning on tying the knot again in three months. Winehouse stepped out Friday wearing what looked like an engagement ring, and now Fielder-Civil is spilling the beans about the plans, according to News of the World.

"We both know we've only ever been divorced on paper." he told a pal.

METRO WORLD NEWS

Mayer decries dating woes

YOU SHOULD HEAR HOW THE WOMEN DESCRIBE IT John Mayer admits that all the attention he's gotten from the media since he's become a successful musician has made dating more difficult.

"It's crazy to me that in my head, that being 32 and dating women is going to get me in trouble," he tells the New York Times.

"I can't even explain to you how terrible that feels, that I equate dating a woman with punishment, shame, guilt, disappointment, reproach, reprimand, persecution.

"It's a nightmare."

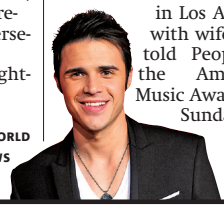
METRO WORLD NEWS

'No furniture' for Allen's new digs

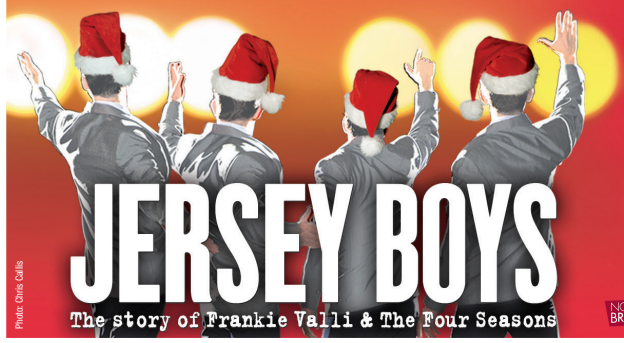
EMPTY NEST Though newly minted American Idol winner Kris Allen is basking in the joy of releasing his self-titled debut, there is one thing missing in his life, people.com reports.

"Furniture," the singer, who just moved into a new home in Los Angeles with wife Katy, told People at the American Music Awards on Sunday.

METRO WORLD NEWS



'TIS THE SEASONS! SAVE UP TO 35%



GREAT SEATS NOW $25 AND $60*
MUST BOOK BY NOVEMBER 29!
VALID FOR PERFORMANCES NOW THROUGH JANUARY 31, 2010
JerseyBoysToronto.com/WINTER • (416) 644-3665 and quote code: WINTER
TORONTO CENTRE FOR THE ARTS, 5040 Yonge Street
NOW THAT'S BROADWAY!
*Some conditions and service charges apply. Tickets subject to availability. Percentage savings differ per ticket price category. Offer valid only with promotion code WINTER. No exchanges or refunds. All sales are final.
dancap
Photo: Chris Callis

The Weather Network ©The Weather Network 2009

Today Cloudy 10°/ 6°

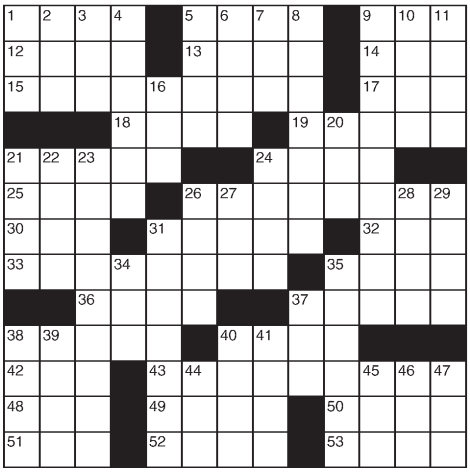
Wednesday Showers 70% 11°/ 4°

Thursday Rain 80% 8°/ 1°

TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

Take Five

For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

1		9	8			4		
	8		2			6		9
	4		9		7		5	
		4		9	2	1		
2	6						9	8
		3	1	6		2		
	2		6		3		8	
5		6			4		2	
		8			9	7		6

ACROSS

1 Apartment
5 Uppercase letters
9 Skirt edge
12 Soda pop favorite
13 Chills and fever
14 Eggs
15 Small storage space
17 Morsel
18 Monarch
19 Black fur
21 Frequently
24 Grant of Hollywood
25 Heavy cart
26 Just looking
30 Brylcreem quantity
31 Rosary components
32 Vast expanse
33 Writ to appear in court
35 Celebrity
36 Part of MYOB
37 Failing the white-glove test
38 Bygone AMC car
40 Complain repeatedly
42 Greek H
43 Hair holders
48 Kitchen item
49 Hershiser of baseball fame
50 Appearance
51 Type squares
52 — a soul (nobody)
53 A deadly sin

DOWN

1 Radio watchdog org.
2 "Skip to my —"
3 Priestly vestment
4 Q's neighbor, to a typist
5 Songwriter Sammy
6 Enthusiastic, plus
7 Afghani coin
8 Teeter-totters
9 Collectors, often
10 Satan's specialty
11 Partner
16 Yang counterpart
20 "— Poetica"
21 Tote-board info
22 Herr's spouse
23 Toms' companions
24 Last several notes
26 Tailgate party essential
27 Skedaddled
28 Spruced up
29 Oldman or Sinise
31 Kentucky potable
34 "The Raven" writer
35 Limber
37 Parched
38 Cartoon skunk Le Pew
39 Tiny bit
40 Trucker with a radio
41 With skill
44 "... man — mouse?"
45 Charged particle
46 Thanksgiving time (Abbr.)
47 Firmament

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

J	U	D	O	■	R	E	V	■	U	R	S	A		
I	R	O	N	W	A	R	E	■	N	E	A	R		
M	I	S	T	A	K	E	N	■	C	A	R	E		
■	■	■	I	R	E	■	U	T	O	P	I	A		
S	L	U	M	P	■	T	S	A	R	■	■	■		
H	O	S	E	■	T	H	I	C	K	E	N	■		
H	U	E	■	K	A	R	A	T	■	M	O	P		
■	D	R	U	N	K	E	N	■	S	I	T	E		
■	■	■	V	I	E	W	■	O	T	T	E	R		
M	A	P	U	T	O	■	C	U	R	■	■	■		
A	W	O	L	■	F	O	R	S	A	K	E	N		
N	A	P	A	■	F	R	E	E	P	O	R	T		
E	Y	E	S	■	S	E	W	■	S	I	G	H		

5	3	9	4	7	1	6	2	8
2	6	7	3	5	8	9	1	4
4	8	1	6	2	9	3	5	7
6	5	8	1	9	4	7	3	2
1	7	3	5	6	2	8	4	9
9	2	4	7	8	3	1	6	5
3	4	2	8	1	7	5	9	6
8	9	6	2	3	5	4	7	1
7	1	5	9	4	6	2	8	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Chunky Vegetable Fricasse

INGREDIENTS:

1 1/2-lb (750 g) bag prepared fresh or frozen mixed vegetables
1/4 lb (125 g) mature cheddar cheese, grated
1 cup (125 ml) sour cream
2 eggs, beaten
4 bread sticks, crushed
2 tbsp (25 ml) chopped hazelnuts

METHOD:

1. Preheat oven to 425 F (220 C). Add vegetables to pot of boiling water, bring back to boil and cook 3 minutes or until just tender (or use steamer if you prefer). Drain.

2. Reserve 2 tbsp (25 ml) cheese for topping and stir remainder into sour cream. Mix in eggs. Season to taste with ground black pepper. Mix in cooked vegetables, then transfer to warm, greased, shallow ovenproof dish.

3. Mix bread sticks with reserved grated cheese and chopped nuts, then scatter over vegetables.

4. Bake on top shelf of oven 12-15 minutes or until golden and slightly puffed.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Your confidence is on the rise, but it will rise even more if you resolve not to get anxious about developments on the work front.

TAURUS ♉
APRIL 21-MAY 21
A parting of the ways may be necessary today, but don't get too emotional about it because it is only a temporary split.

GEMINI ♊
MAY 22-JUNE 21
You may be tempted to take things easy, especially if you have been pushing yourself hard. You are advised to keep the momentum going a bit longer.

CANCER ♋
JUNE 22-JULY 22
New tasks and responsibilities may be eating into your time and making it harder to enjoy yourself but that's not necessarily a bad thing.

LEO ♌
JULY 23-AUG 23
There is a great deal of excitement in the air at the moment and you can sense that life is going to be a lot more fun over the next few weeks.

VIRGO ♍
AUG 24-SEPT 22
Today your feelings are likely to be more intense than usual, so be on your guard and make sure you don't make any silly promises or proposals.

LIBRA ♎
SEPT 23-OCT 23
Your mind is having to deal with so many issues at the moment that it's no wonder you feel a bit confused.

SCORPIO ♏
OCT 24-NOV 22
Something you have been planning is going to cost more than you expected but you won't know how much more until the turn of the month.

SAGITTARIUS ♐
NOV 23-DEC 21
The Sun in your sign links with Saturn, planet of limitation, today. If you understand that you need a bit more discipline it could be a very good thing.

CAPRICORN ♑
DEC 22-JAN 20
You seem rather unsure of yourself at the moment, especially on the work front where you are beginning to have doubts.

AQUARIUS ♒
JAN 21-FEB 18
Others are pressing you to commit yourself to something you are not entirely sure is what you want to be doing.

PISCES ♓
FEB 19-MARCH 20
The Sun aspects Saturn today and you could hardly ask for a better set-up. You will be challenged but the bigger the challenge the more you will enjoy it.

This day in history

1859: Charles Darwin publishes On the Origin of Species.
1963: Lee Harvey Oswald is fatally shot by Jack Ruby in the basement of Dallas police department headquarters. The shooting is broadcast live on television.
1966: New York City experiences the smoggiest day in the city's history.
1974: Donald Johanson and Tom Gray discover the complete Australopithecus afarensis skeleton, nicknamed "Lucy" after The Beatles song Lucy in the Sky with Diamonds, in the Awash Valley of Ethiopia's Afar Depression.

METRO NEWS SERVICES

TAKE A BREAK FROM WORK

Visit metronews.ca to watch metrotube of the day

FLIGHT CENTRE Unbeatable

New Orleans Air + 3 Nights $589

Sheraton New Orleans + taxes & fees $110
Departs Jan 14/ggv/aa. ADD New Orleans Ghosts & Spirits walking tour for $25.

1 877 923 2248 | flightcentre.ca

Conditions apply. Ex: Toronto. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. ggv=gogo, aa=american. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

TORONTO Building a great city - *together*

The City of Toronto holds public consultations as one way to engage residents in the life of their city. Toronto thrives on your great ideas and actions. We invite you to get involved.

Notice of Commencement of the Transit Project Assessment Process and Open Houses

Etobicoke-Finch West Light Rail Transit (LRT)

The City of Toronto and the Toronto Transit Commission (TTC) are holding four Open Houses where you can learn more about this transit project, ask questions and share your comments. Each Open House will be held between 7:00pm to 9:30pm. Details are as follows:

Tuesday, December 1	**RJ Lang Elementary and MS (cafeteria) - 227 Drewry Avenue**
Thursday, December 3	**Julius Banquet Centre - 2201 Finch Avenue West (at Arrow Rd)**
Monday, December 7	**Charles H Best MS (gym) - 285 Wilmington Avenue**
Wednesday, December 9	**Elmbank JMA - 10 Pittsboro Drive (east of Martingrove)**

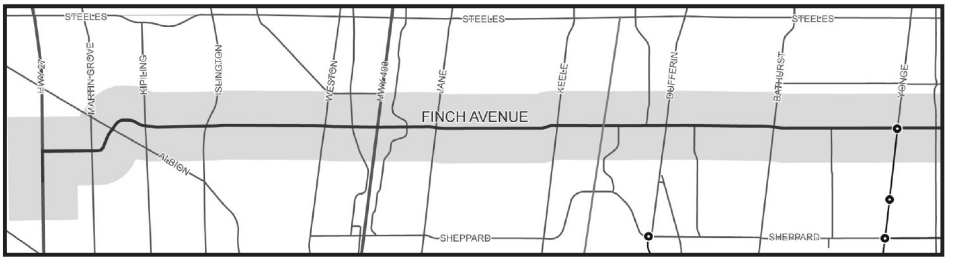
Background

The City of Toronto and the TTC are planning a new Light Rail Transit (LRT) route to significantly improve transit service on Finch Avenue West between Yonge Street and the Highway 27/Humber College area. Electrically-powered Light Rail Vehicles (LRVs) will travel in reserved lanes providing a smooth, fast and comfortable transit experience. The Etobicoke-Finch West LRT will connect to the Yonge subway line at Finch Station and the future extension of the Spadina Subway line at the planned Keele Station.

The City of Toronto Official Plan outlines initiatives to implement transit priorities throughout the city, intensify growth in rapid transit corridors and reduce car dependency. Transit City will achieve these goals by moving more people to more places by transit. Once implemented, the Transit City LRT lines will support local economic development and reduce greenhouse emissions by allowing people to choose public transit as a convenient alternative to the private automobile. Each line will provide seamless connections with the existing TTC subway system, GO Transit, other Transit City LRT routes and regional public transit networks.

At the upcoming open houses, TTC and the City will present final passenger stop locations and traffic management strategies as well as details related to all environmental aspects of the project including mitigation measures for the preferred design .

Public consultations during the preliminary planning stage were held in July and August 2008. Responses to questions and comments submitted to date are posted in the FAQs section on the project website: toronto.ca/transitcity (see: Etob. Finch West LRT)



The Process

The environmental impact of the Etobicoke-Finch West LRT will be assessed in accordance with Ontario Regulation 231/08, Transit Projects and Greater Toronto Transportation Authority Undertakings (2008). An Environmental Project Report is being prepared as part of the Transit Project Assessment Process .

Next Steps

Following the open houses, there will be an opportunity to incorporate feedback. A formal public notice of study completion will then be issued. At that time a Environmental Project Report will be made available for a 30 day review period on the project website: toronto.ca/transitcity (see: Etob. Finch West LRT). The notice of completion will include a number of locations to review a hard copy of the report. Please attend an Open House to review the plan and share your comments and questions with project staff.

If you would like to provide comments or obtain more information, please contact:

Toronto Transit Commission
Transit City Dept
Etob. Finch West LRT
Rick Holli
TTC Project Manager
5160 Yonge Street, 13th Floor
Toronto, ON
M2N 6L9

Tel: 416-392-6900
Fax: 416-338-0251
TTY: 416-397-0831
finchtransit@toronto.ca
toronto.ca/transitcity
(see Etob. Finch West LRT)

311 toronto at your service

Information will be collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will become part of the public record.

AIR CANADA VACATIONS

GREAT deals starting at $999

+Taxes & other fees (including service charges): $307

Samana
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.
$999
+Taxes & other fees (including service charges): $307

Turks and Caicos
Comfort Suites • 2 1/2★
Continental breakfast
Junior suite - Run of the house
Dec. 20 & 23 • 1 wk.
$1099
+Taxes & other fees (including service charges): $233

Los Cabos
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 9 – 30 • 1 wk.
$1149
+Taxes & other fees (including service charges): $274

La Romana
Gran Bahia Principe La Romana • 4 1/2★
All-Inclusive • Junior suite
Dec. 19 • 1 wk.
$999
+Taxes & other fees (including service charges): $307

Santa Clara
Barceló Cayo Santa Maria Beach Resort • 4★
All-Inclusive • Junior suite
Dec. 19 & 31 • 1 wk.
$1139
+Taxes & other fees (including service charges): $218
Departure tax: 25 CUC cash, paid locally

Puerto Vallarta / Riviera Nayarit
Dreams Villamagna Nuevo Vallarta • 4 1/2★
All-Inclusive
Junior suite tropical view
Jan. 1 – 19 • 1 wk.
$1499
+Taxes & other fees (including service charges): $273
Please add $50 for Sat. & Sun. departures

Jamaica
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Standard rm.
Jan. 5 – 7, 10, 12, 14 & 18 – 20 • 1 wk.
$1039
+Taxes & other fees (including service charges): $275
Please add $50 for Sat. & Sun. departures

Holguin
Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
Dec. 24 • 1 wk.
$1179
+Taxes & other fees (including service charges): $218
Departure tax: 25 CUC cash, paid locally

Liberia, Costa Rica
Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
Jan. 7, 9, 14, 16, 21 & 23 • 1 wk.
$1249
+Taxes & other fees (including service charges): $204
Departure tax: 26 USD cash, paid locally
Please add $50 for Sat. departures

DEAL to EUROPE

London
Royal National Hotel London • 3★
Breakfast • Standard rm.
Jan. 20, 21, 27 & 28 • 4 nts.
$547
+Taxes & other fees (including service charges): $411

DEAL on CRUISES

Celebrity Cruises[1]
Celebrity Summit®
Southern Caribbean Cruise
Flights to San Juan
Interior stateroom, cat. 10
Jan. 2 • 1 wk.
$1229
+Taxes & other fees (including service charges): $255

BARBADOS

EARN 5,000 BONUS AEROPLAN® MILES PER MEMBER[2]

Hilton Barbados • 4 1/2★
Oceanview rm.
Jan. 12 – 21 • 5 nts.
$1459
+Taxes & other fees (including service charges): $79
Price based on Tues. - Thurs. departures

Beach View • 3★
One-bedroom suite
Feb. 3, 4, 18, 23 & 25 • 5 nts.
$1599
+Taxes & other fees (including service charges): $79

Fly in style – Upgrade to Executive Class® service

aeroplan
Earn up to 7,000 Aeroplan® Miles per member†

BARBADOS

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Nov. 24 & 28/09, inclusive, unless otherwise stated. Prices are per person based on double occupancy, unless otherwise stated, from Toronto - Pearson International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Toronto to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Celebrity Cruises ships' registry: The Bahamas and Ecuador. [2]Earn 5,000 bonus Aeroplan Miles if booking is made by Dec. 15/09 for departures between Jan. 1 & 31/10. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

tico.ca